

# Physician Medical Release Form

TO BE COMPLETED BY YOUR PRIMARY CARE PROVIDER



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Doctor's Name: \_\_\_\_\_

Your patient, \_\_\_\_\_, DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ wishes to participate in the Rock Steady Boxing (NON-CONTACT) exercise program. The activity will involve cardiovascular training (jumping rope, running, punching heavy bags), flexibility instruction (stretching, getting up and down on the floor), resistance training and core strengthening techniques. Participants can attend up to five classes per week that are sixty minutes in duration. Participants can reach up to 90 percent of their maximum heart rate.

## PHYSICIAN'S RECOMMENDATION

- I am not aware of any restrictions to participate in this exercise program.
- I believe the patient can participate but would urge caution (*please explain*): \_\_\_\_\_

Patient should not engage in the following activities: \_\_\_\_\_

If your patient is taking medications that will affect their heart rate response to exercise, please indicate the manner of the effect (raises, lowers or has no effect on heart rate response during exercise):

Type of medication _____	Effect _____
Type of medication _____	Effect _____
Type of medication _____	Effect _____

## PHYSICIAN COMPLETES

\_\_\_\_\_ (patient's name) has my approval to begin the Rock Steady Boxing exercise program with the recommendations or restrictions stated above.

Printed name \_\_\_\_\_ Phone \_\_\_\_\_

Signature \_\_\_\_\_

### RETURN TO

YMCA of Owen Sound Grey Bruce  
Attn: Diana van der Meer  
700 10<sup>th</sup> Street East, Owen Sound, ON N4K 0C6  
Phone: 519-376-0484 ext. 212  
Fax: 519-376-0487  
diana.vandermeer@osgb.ymca.ca

Physician/Clinic Stamp