

Physician's Consent to participate in a Fitness Program

To: LIFT 4 U
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To: Pauline Brown

My patient, _____, has advised me that he or she intends to participate in a fitness program, which will include, but not be limited to, resistance training as well as cardiovascular training. The sessions will last approximately 1 hour and will begin at a very moderate, submaximal level.

Please be advised that my patient should be subject to the following restrictions in this fitness program:

Under no circumstances should my patient do the following:

I have discussed the foregoing restrictions and limitations with my patient and, with these specific restrictions; he or she has my consent to participate in a fitness program under your guidance.

Sincerely,

(Please sign name here) Date:

(Please print name here)