



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

Veterans Fitness Exercise Program Medical Clearance Form

Dear Medical Provider:

Veterans Fitness Exercise program is an exercise program led by an Exercise Physiologist from the VNA of Cape Cod. This general exercise program aims to increase physical activity and socialization with Veterans and their families. Class will meet once per week to work on strength, endurance, balance and flexibility while connecting with other veterans and their families. Participants must be able to tolerate 60 minutes of seated and standing exercise and ambulate independently. Exercise equipment such as dumbbells and resistance bands will be used.

Some focuses of this program are:

- **To connect Veterans and families together**
- **To connect Veterans with Community services**
- **Improve muscular strength, endurance, balance, flexibility, and mobility**
- **Education on the importance of exercise on health and well-being.**

Please complete the following:

I am not aware of any condition(s) that preclude the participation of _____
DOB _____, in the Veterans Fitness exercise program. (Patients Name)

Patient was examined on or last seen: _____

Are there any limitations for participation? Yes (please specify below) No

Types of medication taken, history of cardiovascular disorders, diabetes, orthopedic problems, respiratory problems, convulsive disorders, etc. that may affect the participation in the Veterans Fitness Exercise program?

(MD Signature)
Date
(MD printed name)

Address: _____

Phone: _____ Fax: _____

For more information/questions regarding Veterans Fitness Exercise Program, Please contact Amy Chipman at VNA Public Health and Wellness, 508-957-7423. This form may be faxed to: **508-394-2109**