

## Physician Referral Form

\_\_\_\_\_

Date

\_\_\_\_\_

Patient's Name

\_\_\_\_\_

Date of Birth

\_\_\_\_\_

Phone Number

- Next Steps:** Cardiac/Pulmonary Fitness
- Next Steps:** Diabetes Fitness
- Next Steps:** Cancer Fitness
- Next Steps:** Orthopedic Fitness
- Next Steps:** Pre-Hab/Fit for Surgery
- Next Steps:** Transitional Care
- Next Steps:** Kids
- Next Steps:** Weight Management

**Special Precautions/Recommendations:** \_\_\_\_\_

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Physician's Signature

\_\_\_\_\_

Physician's Address

\_\_\_\_\_

Phone

\_\_\_\_\_

Date

Hampshire Wellness & Fitness  
68 Heritage Circle, Romney, WV  
304-822-7255 • 304-822-7414 fax

# Next Steps

at Hampshire  
Wellness & Fitness

 **ValleyHealth**  
Wellness & Fitness

REV 12/19

 **ValleyHealth**  
Wellness & Fitness

Next Steps is a collection of fitness programs for individuals recovering from or managing a medical condition, or who need additional support to improve their level of physical activity. The goal of the structured 8-week exercise programs is to educate participants on safe cardiovascular and resistance training exercises supervised by degreed and certified fitness specialists. An individual exercise plan is developed based on the pre-assessment results and instructions from the referring healthcare provider.

After completion, the program is designed to allow participants to transition into a regular membership.

### **Next Steps: Cardiac/Pulmonary Fitness**

- For those with certain risk factors for cardiovascular or pulmonary disease or who have completed second or third phases of cardiac rehabilitation or hospital-based respiratory therapy program
- Learn prevention strategies while exercising safely
- Vital signs may be monitored if needed

### **Next Steps: Diabetes Fitness**

- For those with Type I or Type II diabetes or pre-diabetic symptoms
- Helps promote healthy behaviors, achieve weight loss goals, lower A1C levels, lower blood sugar and improve overall health

### **Next Steps: Cancer Fitness**

- Helps restore muscle function and range of motion, overcome fatigue, fight depression and manage other cancer considerations, including lymphedema
- Ideal way to start working out again

### **Next Steps: Orthopedic Fitness**

- After orthopedic surgery or if managing a recurring injury that requires physical or occupational therapy
- Helps participants become active again after completing rehabilitation

### **Next Steps: Pre-Hab Fitness/Fit for Surgery**

- For those preparing for surgery, 8 weeks before the procedure
- Helps pre-surgical patients experience a quicker, easier recovery

### **Next Steps: Transitional Care**

- For those whose sedentary lifestyle puts them at risk for serious health issues
- For those whose doctor has prescribed exercise to prevent certain medical conditions
- Helps reduce specific risk factors and prevent some conditions

### **Next Steps: Kids**

- For youth facing a variety of health concerns
- Referred child partnered with a parent or guardian to exercise, learn and become healthier together

### **Next Steps: Weight Management**

- For those pursuing a healthy weight thru diet and exercise
- Learn how to set realistic goals and develop new physical activity and eating habits

### **All 8-week medically-based programs offer:**

- Assessments at the beginning and end of the program
- Individualized exercise plan
- Two or three 60-minute group workout sessions per week, including a fitness specialist led workout on the fitness floor, or a specialized class or aquatic group exercise
- One nutrition consultation with registered dietician.
- Summary report provided to participant and physician
- Unlimited full access to the center and its amenities in addition to group sessions each week
- Transition to full membership, including a waived enrollment fee at the end of the 8 weeks

### **Cost: \$99 for any 8-week Next Steps program**

- Cannot be billed to participant's insurance company
- Must be paid before participant can start the program
- If already a member, membership fee will be waived until program is completed

Optional add-on: Next Steps participants can purchase two 60-minute massage sessions for an additional \$100.

All interested persons need to bring a physician's referral form and fill out a Health History Questionnaire. After completing the program, participants have the option to waive the enrollment fee if they transition to a standard membership within 30 days.