



Stepping Stones to Fitness Medical Clearance Form

Dear Medical Provider:

Stepping Stones to Fitness is an exercise program led by an Exercise Physiologist and designed to get older, lower functioning adults into a home exercise program. This 6 week class is geared towards those who have been sedentary and inactive. The goal is to learn basic exercises to improve strength, aerobic capacity, joint mobility, and balance. Participants must be able to safely ambulate, though a low tolerance to walking/standing is acceptable. Home exercise programs can be done with or without the use of equipment. Classes are an hour long, with about 20 minutes of education and about 40 minutes of exercise. Other therapeutic strategies to improve memory, cognitive function, and mental health will be integrated into the exercise program in addition to functional fitness.

Some focuses of this program are:

- **Safely learn and independently implement a home exercise program involving strength, balance, and aerobic exercises and stretching**
- **Education on the importance of exercise on health and well-being**
- **Build stamina and strength to get lower functioning older adults more independent.**

Please complete the following:

I am not aware of any condition(s) that preclude the participation of _____
DOB _____, in the Stepping Stones to Fitness class. (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 Stepping Stones to Fitness class?

(MD Signature) Date (MD printed name)

Address: _____

Phone: _____ Fax: _____

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