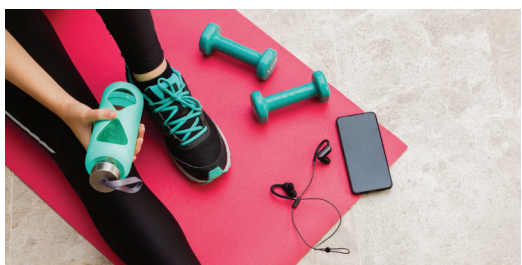


Fitness



Ever wish your doctor could 'prescribe' exercise?

The **Safe Start exercise program** is here to help patients who may have special health needs or simply need support to jumpstart healthy habits.

Our program offers several customized tracks to help meet your unique needs. Select from an Aquatics Track, Arthritis Track, Back Pain Track, General Health Track or a Heart Health Track. Plus, your doctor receives updates about your progress throughout the program.

YOU'LL BENEFIT FROM:

- Onsite consultation and guidance from degreed exercise specialists
- Nutrition and fitness education
- UH Fitness Center in Mentor membership privileges
- Unlimited group exercise classes, including water exercise and yoga classes
- Use of indoor lap pool, recreation pool, whirlpool and therapy pool

60 DAYS for \$60

“ This program provides an affordable pathway to life-long exercise in a safe and structured environment. It will make a difference for patients with medical conditions or those who need to build confidence in exercising safely, whether they are new to exercise or are continuing a current exercise program. ”

- Dr. Robin Znidarsic, UH Fitness Center medical director



Ask your doctor to refer you to Safe Start today! Learn more at UHhospitals.org/SafeStart.

Safe Start



PATIENT REFERRAL FORM

STEP 1: SELECT A TRACK

- Aquatics Track
- Arthritis Track
- Back Pain Track
- General Health Track
- Heart Health Track

STEP 2: PATIENT INFORMATION

Patient Name: _____

Phone: _____

Date of Birth: _____

- Patient is cleared for unsupervised exercise. If there are any precautions/special conditions, please list here:

STEP 3: PROVIDER INFORMATION

Provider Name (print): _____

Provider Signature: _____ Date: _____

Phone: _____ Fax: _____

Fax completed form to:
UH Fitness Center in Mentor, Attn: Safe Start
F: 440-701-7514

For questions, call 440-375-8777. To learn more, visit UHhospitals.org/SafeStart.