

EXERCISING WITH CANCER

A program for individuals undergoing cancer treatment for up to 1 year post treatment.



The Atlantic Club is a Medical Fitness Certified Facility.

INSTRUCTED BY:

Nationally Certified Personal Trainers who are ACSM Certified Cancer Exercise Specialists

****Physician release required.***

PROGRAM INCLUDES:

- Small group sessions twice per week for 8 weeks
- Nutrition Education with an R.D. one per month
- 8 week membership to The Atlantic Club

PROGRAM FEE: \$60 (ONLY \$1 A DAY!)

Please contact the Atlantic Club for more information

Manasquan | Red Bank

732-292-4380

Improve your well-being by participating in our Cancer Exercise Program!

BENEFITS INCLUDE:

- Less fatigue
- Feel Better
- Increase muscle strength & endurance
- Improve cardiovascular fitness
- Increase self-confidence
- Lower risk of osteoporosis

Manasquan Location:

Tuesday/Thursday – 1:15-2:00 pm

Tuesday's – 5:30-6:15 pm

Nutrition: The first Tuesday of each month
2:00-3:00 pm

Red Bank Location:

Tuesday/Thursday – 1:15-2:00 pm

Nutrition: The first Thursday of each month
2:00-3:00 pm





[] Exercising with Cancer Program at The Atlantic Club

Meets twice per week for 8 weeks and follows the ACSM (American College of Sports Medicine) guidelines.

Patient also receives an 8 week membership to The Atlantic club

Patient is cleared for unsupervised exercise. If there are any precautions/restrictions please list here.

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Patient Information

Patient name.

Patient phone.

Patient email.

Date of Birth. / /

Provider Information

Provider name (print).

Provider signature **X**
SIGN HERE

Date. / /

Provider phone.

Provider fax.

Fax completed form to:

The Atlantic Club Fitness & Wellness Center locations:

MANASQUAN, NJ

1904 Atlantic Avenue
Manasquan, NJ 08736
phone 732.223.2100
fax 800.758.0948

RED BANK, NJ

325 Maple Avenue
Red Bank, NJ 07701
phone 732.219.5333
fax 800.853.5519

Provider Stamp

www.theatlanticclub.com

thank you for prescribing exercise.