

PHYSICIAN REFERRED EXERCISE PROGRAM

Is The Atlantic Club Fitness & Wellness Center's guided introduction to exercise where participants meet with certified fitness professionals in small groups twice per week for 60 days.

Participants also receive:

- scheduled group sessions with a registered dietitian
- full access to all The Atlantic Club fitness facilities
- group exercise classes
- myzone belt so the fitness professional may track progress in and out of the program

Ask your doctor for a p.r.e.p.® prescription today.

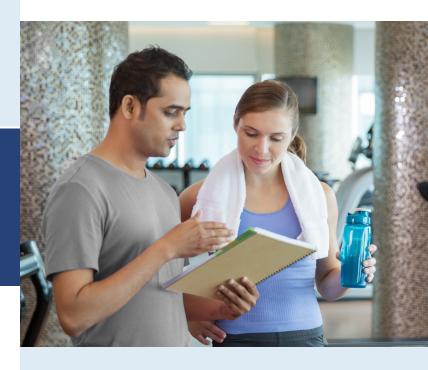














physician referred exercise program

[] p.r.e.p.®			[] p.r.e.p. [®] are
[] General Health Track	[] Arthritis Track		[] Prenatal Track/ Postnatal
[] Diabetes Management Track	[] Healthy Back		[] Hip Surgery
[] Healthy Hearts Track	[] Osteoporosis		[] Knee Surgery
[] Menopausal	[] Healthy Hearts Track		* p.r.e.p. [®] are patients are eligible to come back and do p.r.e.p.® post surgery and/or child birth. Ask a p.r.e.p.
	[] Other		Member Coordinator for details.
Patient is cleared for unsupervised exer	cica If than	ro are any procautions	/special conditions please list here
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Patient Information		Provider Information	on
Patient name		Provider name (print)	
Patient phone		Provider signature, Xsign Here	
Patient email			
Date of Birth / /		Date / /	
Bloodwork (optional)		Provider phone	
Total Cholesterol HDL			
Glucose		Provider fax	
		You will receive progress reports on your patients.	
Fax completed form to patient's The Atlantic Club Fitness & Wellness Center locations:		Provider Stamp	
MANAS	SQUAN, NJ		
1904 Atlantic Manasquan, N phone732 fax800	J 08736 2.292.4350		
RED	BANK, NJ		
325 Maple Red Bank, N. phone732 fax800	J 07701 . 450.4408		

thank you for prescribing exercise.

theatlanticclub.com