

The Wellness Exercise Program Presents Prenatal Exercise

Exercising while pregnant offers many benefits. It helps to keep you in shape and prepares you for labor and delivery. Sturdy's Exercise Wellness Program now offers prenatal exercise provided by medically trained exercise physiologists who will monitor you during your workouts. Our goal is to help you stay healthy and active during your pregnancy. In order to take part in this program, you must obtain a medical clearance from your doctor. Please print out this form and have it signed by your physician. For more information about classes, call **508-236-7390**.

Prenatal Exercise Program Medical Clearance Form

Patient Name: _____
(Please Print)

The above-named person is in good general health and information currently available suggests that she can safely participate in fitness and pregnancy classes conducted by a Sturdy Memorial Hospital (SMH) qualified instructor.

Additional Comments:

Physician: _____
(Please Print)

Physician
Signature: _____

*Note: If your patient's medical status changes during the course of her pregnancy, you are free to withdraw medical approval of her participation. The SMH exercise instructor will inform you of any unusual symptoms observed in relation to the exercise classes.

