

Physician Referral Form

Date

Patient's Name

Date of Birth

Phone Number

- Next Steps:** Cardiac/Pulmonary Fitness
- Next Steps:** Diabetes Fitness
- Next Steps:** Cancer Fitness
- Next Steps:** Orthopedic Fitness
- Next Steps:** Pre-Hab/Fit for Surgery
- Next Steps:** Transitional Care
- Next Steps:** Kids

Special Precautions/Recommendations: _____

Physician's Signature

Physician's Address

Phone _____ Date _____

Hampshire Wellness & Fitness
68 Heritage Circle, Romney, WV
304-822-7255 • 304-822-7414 fax

Next Steps

at Hampshire
Wellness & Fitness



Next Steps is a structured 8-week exercise program designed to ease the transition from a clinical setting program to fitness center based programming. The goal is to educate participants on safe cardiovascular and resistance training exercises supervised by a degreed and certified fitness specialist. An individual exercise plan is developed based on the pre-assessment results and instructions from the referring healthcare provider. After completion, the program is designed to allow participants to transition into a regular membership.

Next Steps is actually a variety of programs, each developed for a specific health condition:

Next Steps: Cardiac/Pulmonary Fitness

- For those with certain risk factors for cardiovascular or pulmonary disease or who have completed second or third phases of cardiac rehabilitation or hospital-based respiratory therapy program
- Learn prevention strategies while exercising safely
- Vital signs may be monitored if needed

Next Steps: Diabetes Fitness

- For those with Type I or Type II diabetes or pre-diabetic symptoms
- Helps promote healthy behaviors, achieve weight loss goals, lower A1C levels, lower blood sugar and improve overall health

Next Steps: Cancer Fitness

- Helps restore muscle function and range of motion, overcome fatigue, fight depression and manage other cancer considerations, including lymphedema
- Ideal way to start working out again

Next Steps: Orthopedic Fitness

- After orthopedic surgery or if managing a recurring injury that requires physical or occupational therapy
- Helps participants become active again after completing rehabilitation

Next Steps: Pre-Hab Fitness/Fit for Surgery

- For those preparing for surgery, 8 weeks before the procedure
- Helps pre-surgical patients experience a quicker, easier recovery

Next Steps: Transitional Care

- For those whose sedentary lifestyle puts them at risk for serious health issues
- For those whose doctor has prescribed exercise to prevent certain medical conditions
- Helps reduce specific risk factors and prevent some conditions

Next Steps: Kids

- For youth facing a variety of health concerns
- Referred child partnered with a parent or guardian to exercise, learn and become healthier together

All 8-week medically-based programs offer:

- Assessments at the beginning and end of the program
- Individualized exercise plan
- Two or three 60-minute group workout sessions per week, including a fitness specialist led workout on the fitness floor, or a specialized class or aquatic group exercise
- Summary report provided to participant and physician
- Unlimited full access to the center and its amenities in addition to group sessions each week
- Transition to full membership, including a waived enrollment fee at the end of the 8 weeks

Cost: \$99 for any 8-week Next Steps program

- Cannot be billed to participant's insurance company
- Must be paid before participant can start the program
- If already a member, membership fee will be waived until program is completed

Optional add-on services: For an additional \$100 members can choose between two 60 minutes massages, two nutrition consultations or a combination of each.

All interested persons need to bring a physician's referral form and fill out a Health History Questionnaire. After completing the program, participants have the option to waive the enrollment fee if they transition to a standard membership within 30 days.