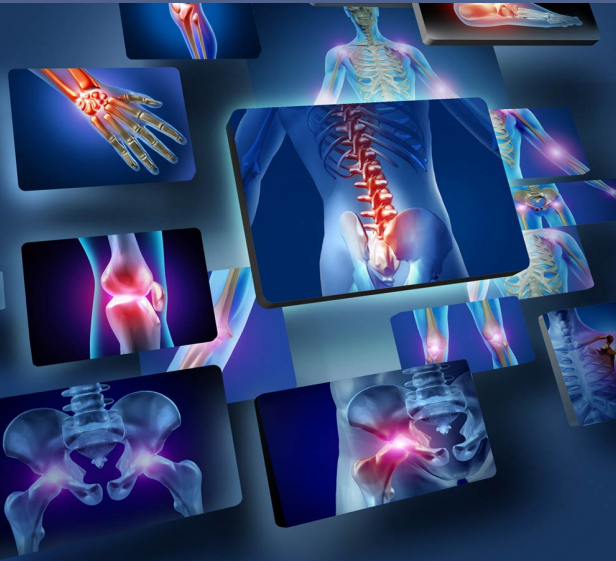


# MEDICAL FITNESS TRANSITION PROGRAMS



## ORTHOPEDIC TRANSITION

- ✓ 8 Week Program
- ✓ Includes Facility Membership
- ✓ 6 One-on-one Sessions
- ✓ Orthopedic Exercise Prescription

### WHO IS THE PROGRAM FOR?

- ✓ Previous ankle, knee, hip, back or rotator cuff surgery and/or physical therapy
- ✓ Individuals who want to be more confident with physical activity or activities of daily living
- ✓ Anyone wanting to have the tools to adopt a healthier lifestyle

**COST:**

Member: \$49

Non Member \$99

## CARDIO PULMONARY TRANSITION



- 8 Week Program
- Includes Facility Membership
- 6 Group Sessions
- 2 Class times to choose from

### WHO IS THE PROGRAM FOR?

- Anyone with a previous cardiac or pulmonary event
- Anyone with a current diagnosis of cardiac or pulmonary disease
- Anyone interested in learning more about cardiovascular health
- Anyone with the desire to adopt a healthier lifestyle

# MEDICAL FITNESS INTEREST FORM



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Program of Interest:**

Orthopedic Transition

Cardiopulmonary Transition

Area of Focus: \_\_\_\_\_

Injury/Surgery History: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physician Referred By: \_\_\_\_\_



Questions?

Contact Amanda Welker [awelker@sequoia-wellness.com](mailto:awelker@sequoia-wellness.com)