





EXERCISE IS MEDICINE

PHYSICIAN REFERRAL FORM

The guiding principles of Exercise is Medicine are shared by the American College of Sports Medicine (ACSM) and the American Medical Association (AMA). The program is designed to improve the health and well-being of individuals through regular physical activity prescription from physicians.

Today's Date: / / I am referring (print):	
Phone:	Date of Birth / /
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Medical Information Please indicate any physical limitations and/or guidelines:	
Please list any restrictions:	
This physician referral indicates that my patient can benefit from as exercise program and has medical approval to participate in the YMCA of Florida's First Coast Exercise is Medicine program.	
Physician Name:	
Physician Signature:	Date:
Phone:	Fax:

Please complete the form and fax it to 904-265-1839. If you have any questions, contact the YMCA at myhealth@fcymca.org or 904.265.1777.