



WHAT IS DOCTOR'S ORDERS?

Doctor's Orders is a medical membership program offered by Activate MHC and the Martinsville-Henry County Family YMCA in conjunction with your healthcare provider. The goal is to improve your personal health and fitness through directed activity. Tracking and workout tools are provided so that you may maximize the effectiveness of each visit to the facility.

Doctor's Orders is exclusive to patients referred by their healthcare provider in order to improve a medical condition through increased physical activity.

A monthly meeting with the Doctor's Orders Program Coordinator is included to help keep you on track. During this meeting your weight will be checked as well as the number of times you have utilized the facilities. Questions will be addressed and if there is a need to alter your program or course of action, that will be reviewed.

There is no commitment to join the YMCA once you have completed your three month program. Should you choose to join, the one-time \$25 membership fee will be waived and the \$30 Doctor's Orders membership fee will be applied to the annual membership fee, thus making the introductory program free!



EXERCISE PRESCRIPTION

PATIENT DATA:

Date: ____ / ____ / ____

Patient Name: _____

Phone: _____

Email: _____

PHYSICIAN/CLINICIAN DATA:

Name: _____

Practice Name: _____

Phone: _____

CONDITIONS FOR PRESCRIPTION:

- | | |
|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Weight Loss |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Orthopedic Conditions |
| <input type="checkbox"/> Cardiac Conditions | <input type="checkbox"/> Other: _____ |

EXERCISES MAY INCLUDE:

- Cardiovascular Conditioning
- Strength Training
- Balance and Flexibility
- List any precautions/special conditions for exercise:

PATIENT INSTRUCTION:

- Please contact the Doctor's Orders Program Coordinator at the Martinsville YMCA to begin your quest to a healthier lifestyle and improved physical fitness. Phone 276-632-6427 to arrange your personal appointment. Doctor's Orders must be redeemed within 30 days of the prescription date. The program may be used one time.

YOUR TRACK TO BETTER HEALTH

Presented by:



3 Starling Avenue
Martinsville, VA 24112

276-632-6427

www.ActivateMHC.com
www.MartinsvilleYMCA.com



MEMBERSHIP PROGRAM

Activate MHC and the Martinsville-Henry County Family YMCA are working with your healthcare provider to offer Doctor's Orders, a medical membership program. It is designed to meet your individual treatment needs and fitness goals and is only available with a prescription from your healthcare provider.

GET STARTED IN FOUR EASY STEPS

Ask your doctor for an exercise prescription that will grant you access to the Activate/YMCA medical membership for three months at the rate of \$10 per month. The \$30 fee is due upon enrollment.

1

Contact the Martinsville YMCA and speak to the Doctor's Orders Program Coordinator or Front Desk Staff to arrange an appointment to discuss your personal needs.

2

Come to the Y for your appointment and receive a facility tour, personalized program, and a personal fitness transformation starter kit.

3

Set goals and come workout. Be sure to scan your card and stop in the Activate office to evaluate your progress. You will be on the road to a healthier version of yourself!

4

INCLUDES

Three month Nautilus level membership to the Martinsville-Henry County Family YMCA for a total of only \$30 (just \$10 per month)!

- *Individual consultation with the YMCA Doctor's Orders Program Coordinator to create your fitness plan and schedule.*
- *A YMCA membership card that will track your involvement in the program each time you scan it while entering the facility.*
- *Monthly progress reviews with the program coordinator.*
- *The opportunity to meet one-on-one with a YMCA personal trainer and customize a program just for you.*
- *A facility tour and basic introduction to available cardio and weight training equipment.*
- *Add access to the health club for an additional \$45 for all three months, payable at the time of enrollment.*

The opportunity to join the YMCA at the conclusion of the three month program. Membership for continuing Doctor's Orders programs participants is offered at a special rate.

The tools you need to meet your fitness goals as defined by you and your physician. Upon meeting with the Doctor's Orders Program Coordinator you will receive a personal transformation starter kit that includes workout ideas, class schedules, a food journal, and other useful information.

CONSULTATION & ORIENTATION

During your free introductory session to the Doctor's Orders program at the YMCA you will discuss any physical or medical considerations including a suggested program emphasis. You will be given a tour of the facility and an orientation of the strength and cardio equipment.



CONTACT

Please contact the Martinsville YMCA and speak to the Doctor's Orders Program Coordinator or Front Desk Staff to arrange your personal appointment. Come meet us and commit to begin your quest for a healthier lifestyle and improved physical fitness.

276-632-6427

www.MilesinMartinsville.com
www.MartinsvilleYMCA.com

