



# PROVIDER REFERRED MEDICAL FITNESS PROGRAM

Your health and well being are our top priorities. We are excited to share with you our latest medical fitness program, designed to improve your fitness and address a wide range of medical situations. With your provider's referral you qualify to join our program and get started on the path to wellness.



6-week membership  
to Milestone



2x weekly group workout  
sessions with a certified trainer



fitness coaching &  
education

## QUALIFYING MEDICAL CONDITIONS:

|                    |                                  |
|--------------------|----------------------------------|
| PREGNANCY          | DIABETES                         |
| OSTEOPOROSIS       | WEIGHT LOSS                      |
| PRE-SURGERY        | POST-PHYSICAL THERAPY            |
| POST-CARDIAC REHAB | DURING OR POST-CANCER TREATMENT* |

PROGRAM RUNS:  
**2/9/26 - 3/20/26**

## SESSION OPTIONS:

Monday/Wednesday @ 12:00pm  
Tuesday/Thursday @ 9:00am or 6:00pm

**\$155** plus tax

\*Program will be developed by a Certified Cancer Exercise Specialist

If you approve your patient to participate in the Medical Fitness Program at Milestone, please sign below.

Patient Name (PRINT): \_\_\_\_\_

Patient Phone Number: \_\_\_\_\_ Session Option: \_\_\_\_\_

Physician Name (PRINT): \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_