



1390 Taylor Avenue
 Winnipeg, MB R3M 3V8
 P: 204-488-8023
 www.reh-fit.com

Referral for Medically Based Health & Fitness Activity

Patient Name: _____ DOB: _____

Patient Phone Number: _____

Services Requested (check all that apply):

- | | |
|--|---|
| <input type="checkbox"/> Health and Fitness Assessment | <input type="checkbox"/> Cardiac Rehabilitation |
| <input type="checkbox"/> Fitness Training | <input type="checkbox"/> Strength Training |
| <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Weight Management |
| <input type="checkbox"/> Balance/Falls Prevention | <input type="checkbox"/> Stress Relief/Relaxation |
| <input type="checkbox"/> Nutrition Counselling | <input type="checkbox"/> Other _____ |

Relevant Medical Conditions Necessitating or Complicating Therapy (please specify):

- | | |
|---|--|
| <input type="checkbox"/> Orthopedic | <input type="checkbox"/> Rheumatologic |
| <input type="checkbox"/> Endocrine | <input type="checkbox"/> Neurologic |
| <input type="checkbox"/> Cardiovascular | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Respiratory | <input type="checkbox"/> Genetic |
| <input type="checkbox"/> Psychiatric | <input type="checkbox"/> Other _____ |

Specific Instructions/Requests/Comments:

Health Care Professional Name (please print)

Health Care Professional Phone Number

Health Care Professional Signature

Date

Financial assistance is available to those who qualify. Services may be covered by individual insurance plans. Check with your insurance provider.





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You know exercise is good for you,
but do you know how good? Find out
how exercise can improve your life.

Want to feel better, have more energy, and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex, or physical ability. Need more convincing to exercise? Check out these six ways exercise can improve your life.

Six benefits of regular physical activity

No.1: Controls weight

No.2: Combats health conditions and diseases

No.3: Improves mood

No.4: Boosts energy

No.5: Promotes better sleep

No.6: Is fun!

Exercise and physical activity are a great way to feel better, gain health benefits, and have fun. As a general goal, aim for at least 150 minutes of physical activity every week. If you want to lose weight or meet specific fitness goals, you may need to exercise more.

Regular physical activity has been proven to prevent and manage chronic disease, increase life expectancy, and reduce the risk of heart disease and cancer.