Benefits for p.r.e.p.® Members:

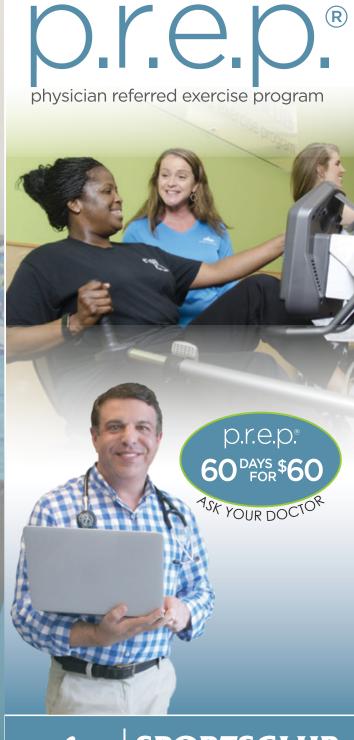
- FULL ACCESS to all 3 Sportsclub Facilities
- Monthly nutrition seminars to guide you in eating healthy
- 30 and 60 day progress checks with our onsite registered nurse
- Progress report to share with your physician
- Complimentary 30-minute therapeutic massage at SPA 360 (located inside Sportsclub Greenville)



Enjoy access to ALL group exercise classes, including:

Basic Yoga • Therapeutic Yoga • Body Vive Restorative Yoga • Sit & Be Fit Low Impact Sculpt • Basic Challenge Agua Fitness • Fluid Motion • Agua Zumba







D.r.e.D.[®] | **SPORTSCLUB**

physician referred exercise program

Whether you have special medical needs or just need to jumpstart healthy habits, Sportsclub's Physician Referred Exercise Program is the perfect place to start.

What to expect during the 60-day program:

- Meet with a Sportsclub registered nurse to review your medical history, exercise history, physician's instructions, and any specific recommendations.
- Meet one-on-one with a medical fitness specialist to review and learn your customized exercise "prescription."
 - Attend two structured workouts in a small group setting each week.
- 30 and 60 day progress checks with our onsite registered nurse with updates sent to your physician.



op.r.e.p.

General Health Track Diabetes Management Track Healthy Hearts Track Post Physical Therapy or Orthopedic Surgery Postnatal Track Cancer Wellness Track Aquatic Track **Arthritis Track**

Patient Information	
Patient Name	
Patient Phone	
Patient Email	
Date of Birth /	
Please check the appropriate box and fax completed form to patient's Sportsclub Fitness and Wellness location:	
Sportsclub Greenville 712 Congaree Road, 29607 tel: 864.331.2533 fax: 855.427.6628	
Sportsclub Express Simpsonville 667 SE Main Street, 29681 tel: 864.688.1083 fax: 844.274.3129	
Sportsclub Five Forks 317 Scuffletown Road, 29681 tel: 864.688.1083 fax: 844.274.3129	
www.SportsclubSC.com	
Note to Physicians: The p.r.e.p.* Diabetes Management Track was designed within ADA guidelines and recommends exercise within blood sugar levels of 100-350 mg/dl. Please advise if your	

recommendation is different for your patients.

thank you for prescribing exercise.

	Patients are proven to have an easier recovery after surgery if they have engaged in cardio and strength training exercises leading up to their surgery.	
	Bariatric Track (90 days) Hip Surgery Knee Surgery Shoulder Surgery Prenatal Track Other	
Patient is cleared for unsupervised exercise. If there are any precautions/special conditions, please list here.		
Medical Professional Information		
	Professional name (print)	
	Professional signature X	
	Date /	
	Practice mailing address	
	Phone	
	Method of Contact	
	Please check any/all that apply:	
	Mail me patient updates/progress reports	
	Please advise me if patient does not pursue program	
	 I do not require follow-up on this patient at this time 	
	Provider Stamp	
	Medical professionals who may refer to the p.r.e.p. program include: Doctors, Nurse Practitioners, & Physical Therapists.	