

## 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  
Aqua Fitness • Fluid Motion • Aqua Zumba

p.r.e.p.® |  **SPORTSCLUB**  
physician referred exercise program

p.r.e.p.®  
**60 DAYS FOR \$60**



**GREENVILLE**  
864.331.2533  
712 Congaree Road  
Greenville, SC 29607

**SIMPSONVILLE**  
864.688.1083  
667 S.E. Main Street  
Simpsonville SC 29681

**FIVE FORKS**  
864.688.1083  
317 Scuffletown Road  
Simpsonville SC 29681

[www.SportsclubSC.com/prep](http://www.SportsclubSC.com/prep)

p.r.e.p.®  
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p.r.e.p.®  
**60 DAYS FOR \$60**  
ASK YOUR DOCTOR



**SPORTSCLUB**  
FITNESS & WELLNESS

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.



### ☐ p.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](http://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.

### ☐ p.r.e.p.®are 60 days prior to surgery

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.**

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#### Medical Professional Information

Professional name (print). ....

Professional signature **X** .....  
**SIGN HERE**

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.