

# Norm Waitt Sr. YMCA Medical Clearance Form

\_\_\_\_\_ is participating in personal training which includes fitness testing and/or exercise programs. The fitness testing includes cardio-respiratory fitness, body composition, flexibility tests, and muscular strength and endurance tests. All fitness tests and exercise programs will be administered by certified Personal Trainers here at the YMCA.

By completing the form below, however, you are not assuming responsibility for our administration of the fitness testing and/or exercise programs. If you know of any medical or other reasons why participation would be unwise, please indicate so on the form.

If you have any questions, please contact the Norm Waitt Sr. YMCA at 402-404-8439. Return Fax (402)404-8444.

## Report of Physician

My patient, listed above, is:

\_\_\_\_\_ Not cleared to exercise at this time

\_\_\_\_\_ Cleared to exercise with no restrictions

\_\_\_\_\_ Cleared to exercise with the following restrictions and/or recommendations

\_\_\_\_\_  
\_\_\_\_\_

Physician's Signature \_\_\_\_\_ Date \_\_\_\_\_

Phone \_\_\_\_\_



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY