



**Body & Bones**  
**Medical Clearance Form**

\_\_\_\_\_ would like to participate in the Body & Bones program  
(Patient's name) hosted by the University of New Brunswick's Recreation Services. This program requires a physician's clearance to participate. As a result, we request that the patient confer with you to ensure that they can safely participate in a program specifically designed to improve upper and lower body functional strength as well as improved balance.

Body & Bones consists of a one-hour, three day per week progressive program that includes resistance exercises and functional training. Day one and two will consist of full-body strengthening exercises and core conditioning, using body weight, light handheld weights, selectorized weight equipment, stability balls and elastic bands. Day three will focus more on balance and flexibility work. Population-specific pre and post fitness testing is completed and used as an objective measurement for improvement.

The Body & Bones program is adapted to meet the needs of each participant. All exercises are led by Canadian Society of Exercise Physiology certified staff.

For more information please contact:

❖ **Caitlin Doyle, Clinical Exercise Physiologist at (506) 453-4603 or  
Caitlin.doyle@unb.ca**

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**PARMed-X Physical Activity Readiness Conveyance/Referral Form**

Based upon a current review of health status of \_\_\_\_\_, I recommend:

- No physical activity
- Only a medically-supervised exercise program until further medical clearance
- Progressive physical activity
  - with avoidance of: \_\_\_\_\_
  - with inclusion of: \_\_\_\_\_
  - under the supervision of a CSEP-Certified Exercise Physiologist or CSEP-Certified Personal Trainer
- Unrestricted physical activity – start slowly and build up gradually

Physician/clinic stamp

\_\_\_\_\_, M.D. Date: \_\_\_\_\_

**NOTE:** This physical activity clearance is valid for a maximum of one year from the date it is completed and becomes invalid if your medical condition becomes worse.