



# Join La Vita Transitions!

Our unique, medically-integrated program sets us apart from all other fitness centers in the Portage area. With our professional team of Strength and Conditioning Coaches and health providers at Aspirus Divine Savior, we are able to offer a fitness program specifically focused on each individual. Healthcare provider referral required.

The eight-week program is designed for individuals transitioning from, or managing a medical condition needing additional support.

## Focus Areas

- Cardiac/Pulmonary
- Fit for Surgery
- Orthopedic
- Start Moving
- Diabetes
- Rehab
- Weight Management
- Pre/Postnatal

## 8 Week Program Layout

- Initial and final assessment
- Personalized workout designed in conjunction with your medical provider and La Vita Strength & Conditioning Coach
- One-on-one sessions with a Strength & Conditioning Coach
- Unlimited full access to La Vita during the eight-week program

## Free La Vita Enrollment

for program participants who join within two weeks of completing the program.

Cost: La Vita Member \$99  
Non-member \$129



*see medical referral on reverse*



## Medical Referral

<u>LaVita Office Use</u>	
Date Received: _____	Date Contacted: _____
Contacted by: _____	
Contact: <input type="radio"/> Verbal <input type="radio"/> Phone Message	
Outcome: <input type="radio"/> Appt scheduled <input type="radio"/> Not interested	
Scheduled with: _____	

Today's Date: \_\_\_\_\_ Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

By completing this form, you are not assuming any responsibility for our exercise program; rather you are identifying recommendations or restrictions for your patient's fitness program.

Known medical conditions:

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

Exercise restrictions or precautions:

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

Patient goals:

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

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Referring Provider's Name (please print)

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Email | Phone Number

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Signature

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Date