

Stay Strong, Stay Healthy



Voluntary Physician Cover Letter

Physician Name: _____

Hospital/Clinic Affiliation: _____

Phone Number: _____

Fax Number: _____

Date: _____

Dear Dr. _____ :

Your patient, _____, is interested in participating in the **Stay Strong, Stay Healthy Program**. This moderate-intensity, progressive exercise program includes strength and balance training and is designed to improve muscle strength, dynamic balance and flexibility.

This program is based upon the results of strength training studies in older adults conducted by scientists at the John Hancock Center for Physical Activity and Nutrition at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University in Boston, Mass. Scientists and exercise physiologists at Tufts University have designed this exercise program especially for midlife and older adults. _____ are implementing the program in _____. Your patient will be required to provide informed consent prior to participation in this exercise program.

Please complete and sign the enclosed Physician Authorization Form. If you have any questions or would like to discuss your patient's participation in the program in further detail, please call me at _____.

Sincerely,

Justy Zuercher RDN, LD
K-State Research & Extension
Nutrition, Food Safety, & Health Agent

Stay Strong, Stay Healthy



Voluntary Physician Authorization Form

Patient's Name: _____ Birth Year: _____

- Yes, my patient can participate.
- Yes, my patient can participate with the following limitations:

- No, my patient cannot participate at this time because of their medical conditions and health status.

Physician's signature: _____

Print name: _____ Date: _____

Phone number: _____ Fax: _____

This form may be given to the patient, OR sent to the course instructor at:

Please return this form by: _____

For instructor use. Valid for one year.