

# LEAD-UP

## A Lifestyle Education Access for Diabetics: a University Program Texas Woman's University Physician Clearance Form

\_\_\_\_\_ has applied for participation in the LEAD-UP Wellness Program at Texas Woman's University. The program is designed as a wellness program for individuals with diabetes and borderline diabetes. The LEAD-UP Wellness Program will be available to all participants 5 days a week; however, there is no specific day or time allotment for which they are required to participate. The American College of Sports Medicine requires a physician's clearance form prior to participating in a personal training program or a graded exercise test if one or more of the following conditions exist:

Age: Men over 40 yrs and women over 50 yrs  
Elevated Blood Pressure  
High Cholesterol  
Heart Condition and/or Chest Pain  
Bone or joint problems that may be made worse by a change in physical activity  
Loss of balance due to dizziness or loss of consciousness  
Physician prescribed medication  
Known disease (Type 2 Diabetes in this case)

We require all participants to have a physician's clearance form before starting the program.

### **PHYSICIAN'S REPORT**

This is to certify that my patient, \_\_\_\_\_, is capable of participating in the LEAD-UP Wellness Program at Texas Woman's University.

The following restrictions, if any, apply before allowing the participant to partake in the program: \_\_\_\_\_  
\_\_\_\_\_

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

Physician's Name (please print): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/St: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Thank you,

Vic Ben Ezra, PhD  
Professor  
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