



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OPERATION VETSTRONG Referral and Order Form

Regular physical activity is fun, healthy, and safe for most individuals. This program is a special opportunity to develop a personalized, realistic fitness plan.

Referral Recommendations:

Type of Physical Activity	Aerobic	Strength
Days per Week	_____	_____
Minutes per Day	_____	_____

- I am not aware of any contraindications toward participation in a fitness program.
- I believe the Veteran can participate, but urge caution because:
- The Veteran should not engage in the following activities:

Physician/Provider Signature: _____ Date: _____

Physician/Provider Name: _____

Office Address: _____

Office Phone: _____ Fax: _____



How Does it Work?

Once you receive your referral from your provider, bring it to the Welcome Center at the Y.

The membership is \$20 for the trial month. This will include not only you, but your household. It includes full membership privileges at the Y.

There is no expiration for the referral. However, the Y will keep the referral form in exchange for the services we provide under the trial membership. The same referral cannot be used more than once.

During the first month, the Y's Wellness Coaches will work with you in the following ways:

- Do an initial assessment and development of a workout plan. It is recommended that you participate in the Wellness Works program which includes an initial assessment, coaching sessions, workout routines and basic nutrition counseling. At a minimum we will provide an initial assessment and workout plan.
- Y staff will work with you to identify appropriate group exercise activities. Data shows that participation in a group exercise class helps develop a network that helps people maintain their lifestyle changes.
- Encourage use of the Y a minimum of 3 times a week to help establish a regular routine.

At the end of the month you will have the opportunity to sign up for a Y membership. Through the generosity of our community, assistance is available as needed through the Open Arms Financial Assistance Program.

If you complete the three steps above (assessment, class participation and use the Y 3 times a week), you will receive a \$30 Y card that can be used toward your membership, Y wear, or a fee-based class or service like personal training or swim lessons.