



Dear Physician:

**Re: PARmed-X form for the City of Calgary Adapted Fitness Program**

Your patient is interested in participating in the Adapted Fitness Program. This program encompasses strength, cardiovascular and flexibility components specifically designed to meet individual fitness needs.

In order for the participant to participate in the Adapted Fitness Program, we require individuals to submit a completed PARMED-X form.

Please note: The Adapted Program is **NOT** a medically supervised program. If you check this box we are unable to work with your patient. Medically supervised programs frequently take place in clinical environments.

Please complete the attached form and return via the patient.

Thank you in advance for your timely attention to this matter.

Sincerely,

Adapted Fitness Program  
Southland Leisure Centre, T 403-648-6572  
Village Square Leisure Centre, T 403-366-3921  
The City of Calgary

Attachments: PARMED-X Physical Activity Readiness Medical Examination