

A PRESCRIPTION FOR EXERCISE



WHAT IS ARENA RX

Regular activity is one of the best things you can do for your health, at any age. Arena Rx is a 60-day program pairing you with your physician and the Arena Club, so you can exercise safely with expert support.

WHO'S IT FOR

Anyone with a physician's referral, including:

- Recovering after physical therapy or surgery
- Postpartum, newly cleared for exercise
- Managing diabetes, heart disease, or weight
- Getting back into an exercise routine

\$100
for 60 days

That's \$1.67 per day

WHAT'S INCLUDED

- Health evaluation
- Equipment orientation
- 2 small group + 2 pool sessions with a trainer, weekly
- Full club access during the program
- Member pricing on other programs

AFTER THE PROGRAM

We'll send your physician a progress report on request. Many graduates join as full members, with special pricing to make the switch easy.

GETTING STARTED

Ask your physician about Arena Rx. Have them send us the referral form, or bring it in yourself. We'll call within 48 hours. Questions before then? Just reach out.

PHYSICIAN REFERRAL FORM

PATIENT INFORMATION

Patient name: _____

Patient date of birth: _____

Patient phone: _____

PHYSICIAN NOTES

Patient is cleared for unsupervised exercise. If there are any precautions/special conditions or details for consideration, please list here. _____

PATIENT IS BEING REFERRED FOR:

- ☐ General health & strengthening
- ☐ Diabetes management
- ☐ Heart health
- ☐ Post-surgical recovery
- ☐ Post-surgical weight management
- ☐ Pediatric health & weight management
- ☐ Other: _____

PROVIDER INFORMATION

Provider name (print): _____

Provider signature: _____

Date: _____

PRACTICE ADDRESS

Phone: _____

RETURN COMPLETED FORM TO ARENA CLUB:

2304 Churchville Road

Bel Air, MD 21015

Phone: 410-734-7300

Fax: 410-734-7371

Trish Lanhan, Arena Rx Coordinator

Email: tlanhan@thearenaclub.com

FOLLOW-UP REQUEST:

- ☐ Send me patient progress reports
- ☐ Please advise if patient does not pursue the program
- ☐ I do not require follow-up