



Medical Exercise Solutions, LLC

4305 Serene Circle, Ste 101, Fruitland Park, FL 34731

352.636.5361 | 352.431.3640 (F)

www.medicalexercisesolutions.com

Name: _____

Condition: _____

Medical Exercise Training (MET) Services Requested

- MET Assessment/Reassessment
- Cardiovascular Training
- Strength Training
- Hypertension Exercise
- Spinal Stabilization
- Back/Neck Exercise
- Flexibility Training
- Weight Reduction
- Diabetes Exercise
- Functional Training
- Aquatic Exercise

Duration: _____

Frequency: _____

Remarks: _____

Referral Signature

Date