



Medical Exercise Solutions, LLC

1576 Bella Cruz Drive, Suite 304, The Villages, FL 32159
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



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