



Strive Motion

5/35-45 Spring St, Bondi Junction NSW 2022

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Strive Motion (AIM/WAVES) Medical Clearance

Strive Motion is a continuation of the community wellness initiative of the Prince of Wales Community Health Services that used to offer the affordable exercise and healthy lifestyle programs. Strive Motion has taken over the programs that are specifically designed for general health maintenance and chronic disease management and reduction. The programs run for 9-11 weeks and are water, online or land based -light to moderate physical activity; including strength and balance exercises.

The Strive Motion considers the safety of participants to be of paramount importance. Your patient has answered 'Yes' to one or more of the pre-exercise screening questions, therefore we require GP clearance to enable us to assess if they are / are not suitable for our program.

Patient Name: _____ DOB____/____/____

Does your patient have any pre-existing medical condition(s) that may make it unsafe for them to participate in light to moderate land or water based physical activity?

Yes No

If yes, please specify: _____

Having read the information above, I consider that this patient is fit and able to attend the Strive Motion Program and is unlikely to have a health related event as a consequence.

Treating doctor (please print): _____

Date: _____ Phone: _____

Please return this form to

Strive Motion

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