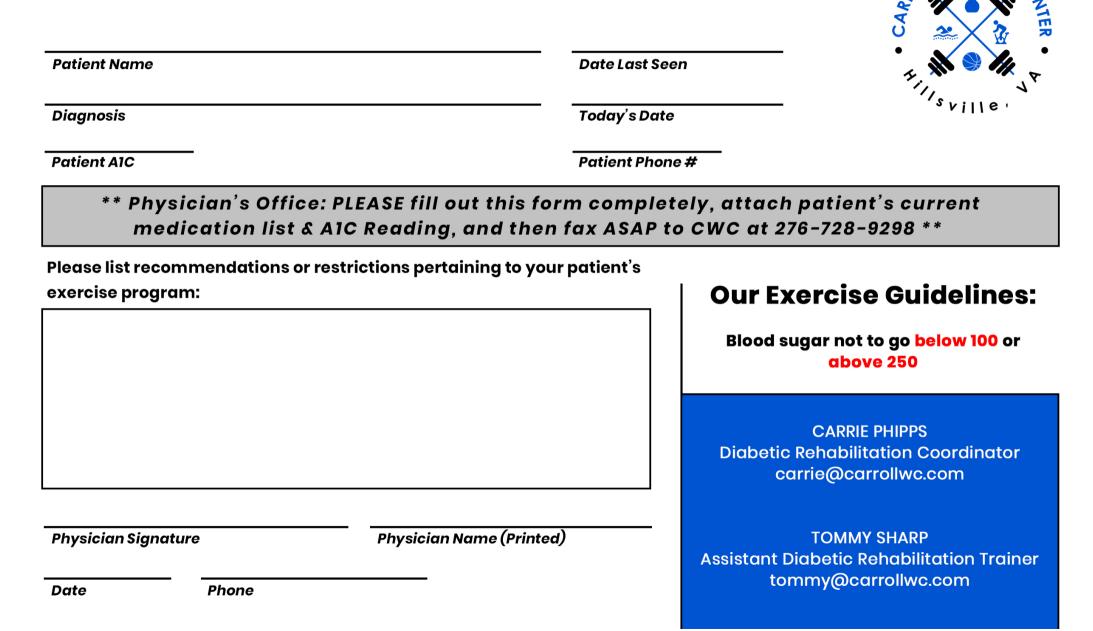
DIABETIC REHAB PRESCRIPTION FORM





CARROLL WELLNESS CENTER

164 Carter Pines Lane PO Box 1266, Hillsville, VA 24343

phone: (276) 728-2500 fax: (276) 728-9298

www.carrollwc.org

REHAB HOURS OF OPERATION

Mon-Fri: 8:00am - 4:00pm

Program Consists of 8 Weeks With a Certified Trainer - 2 Times a Week

AMERICAN COLLEGE OF SPORTS MEDICINE GUIDELINES

For Apparently Healthy Individuals

- 5-10 minutes cardiovascular warm-up followed by stretching
- 20-60 minutes, 3-5 days/week cardiovascular with heart rate between 60% and 90% max heart rate.
- 2-3 days/week resistance training with 1-3 sets of 1 eercise of each major muscle group with resistance equal to a load of 8-12 reps.
- 5-10 minute cool-down followed by stretching.

Graded Exercise Treadmill Test (GXT) prior to engaging in an exercise program for the following reasons:

- 2 or more cardiac risk factors.
- Signs or symptoms suggestive or cardiopulmonary or metabolic disease.
- · Documented heart disease.