



Game Shape
 455 Route 9 South
 Manalapan, NJ 07726

Phone: (732) 972 - 7555
 Fax: (732) 972 - 5458

www.GameShapeOnline.com

EXERCISE & WELLNESS PRESCRIPTION

Name _____
 Diagnosis or Condition _____
 Precautions _____
 Frequency _____ times per week. Duration _____ weeks.
 Request for Assessment and Progress Notes? Yes _____ No _____

EXERCISE PRESCRIPTION

- Assessment and Begin Program
- Assessment and Contact Physician

FITNESS TESTING

- Body Mass Index (BMI)
- Body Fat Assessment
- Anthropometric Measurements
- Core Strength Assessment
- Posture & Flexibility Assessment
- Muscular Assessment
- Cardiovascular Assessment

PERSONAL TRAINING

- Personal Fitness Training
- Sports Performance Training
- Training for Weight Management
- Training for Job / Work Conditioning
- Pre-pubescent Training
- Group Training for Seniors

EXERCISE PROGRAMS

- Flexibility / Stretching
- Strength Training
- Core / Trunk Stabilization
- Cardiovascular Conditioning
- Balance and Coordination Training
- Speed Training
- Agility Training
- Plyometric Training

MASSAGE THERAPY

- Swedish Massage
- Deep Tissue Massage
- Sports Massage
- Reflexology / Pressure Points
- Reiki (Light Hand Placements)
- Shiatsu
- Pre-Natal Massage
- Chair Massage

NUTRITIONAL COUNSELING

- Nutrition for Weight Management
- Nutrition for Medical Condition
- Nutrition for Sports Performance
- Nutrition for Pregnancy
- Nutrition for Youths
- Nutrition for Active Adults / Seniors

PRIVATE / SEMI-PRIVATE LESSONS

- Yoga
- Kettle bell / Boot Camp
- Abdominal / Core Training
- Spinning
- Boxing / Self Defense
- For Women / Seniors Only

PHYSICAL THERAPY

(Professional Sports & Orthopaedic Rehabilitation Associates, LLC)

- Evaluate and Treat
- Evaluate and Contact Physician

I hereby certify these services as medically necessary for the patient's plan of care.
 This patient will return to physician on: ____/____/____

Physician's Signature _____ Date ____/____/____
 Physician's UPIN # _____

For map, see reverse side.

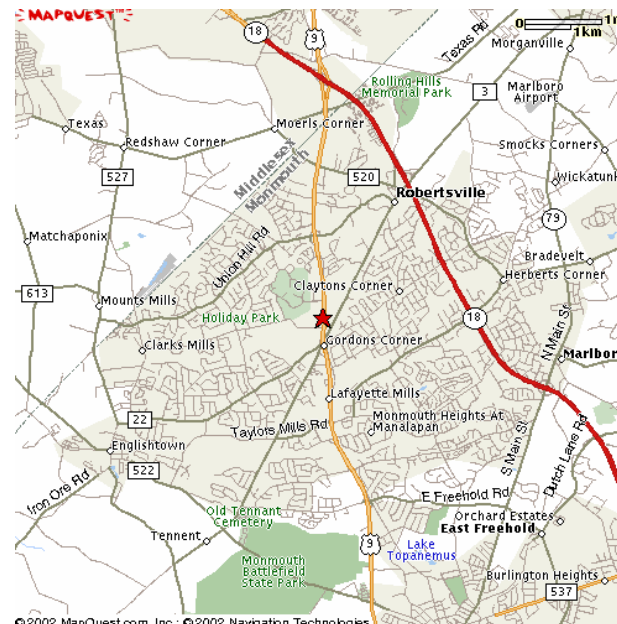
Game Shape Fitness & Sports Performance Center

(In the Mart Shopping Center)
 455 Route 9 South

Manalapan, New Jersey 07726

Fitness Center (732) 972-7555

www.GameShapeOnline.com



Call for a same day appointment!

Hours of Operation

Monday - Thursday	7:00am - 10:00pm
Friday	7:00am - 9:00pm
Saturday	7:00am - 5:00pm
Sunday	8:00am - 2:00pm

On-Site Services

Personal Fitness Training
 Gym Memberships
 Physical Therapy
 Nutritional Counseling
 Massage Therapy
 Lockers & Showers

Michelle E. Wolpov PT, MBA, ATC, CSCS
 Owner / Director