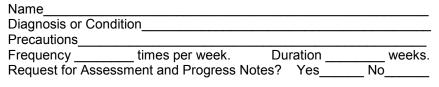


Game Shape 455 Route 9 South Manalapan, NJ 07726

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

www.GameShapeOnline.com

# EXERCISE & WELLNESS PRESCRIPTION



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#### **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

#### Nutrition for Medical Condition П Nutrition for Sports Performance

Nutrition for Pregnancy П

MASSAGE THERAPY

Sports Massage

Pre-Natal Massage

Chair Massage

Shiatsu

Swedish Massage

Deep Tissue Massage

Reflexology / Pressure Points

Reiki (Light Hand Placements)

NUTRITIONAL COUNSELING

- Nutrition for Youths
- Nutrition for Active Adults / Seniors

Nutrition for Weight Management

### PRIVATE / SEMI-PRIVATE LESSONS

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

#### PHYSICAL THERAPY (Professional Sports & Orthopaedic Rehabilitation Associates, LLC)

- Evaluate and Treat
- Π Evaluate and Contact Physician

Date

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

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

Saturday 7:00am - 500pr	pm m
Sunday 8:00am - 2:00p	

## **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**