

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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Medical Approval Form

Nutrition, Exercise, and Behavior Modification Weight-Reduction Program

_____ is interested in participating in the ten-lesson program of weight reduction conducted by Virginia Tech Extension Service. This educational program is designed to help overweight and obese individuals evaluate and restructure eating habits, increase physical activity, and consume a balanced diet. It emphasizes behavior modification to encourage changing actions and habits related to overeating and/or underactivity. A balanced diet plan is based on the six food group exchange system used for diabetic diets. The minimum kilocalorie level used is 1200. Participants are encouraged to lose one to two pounds per week. A walking program designed to increase 150 kilocaloric expenditure from about 150 kilocalories/week in the first week to about 1500 kilocalories/week by the 10th week is included in this weight reduction program. Other suggested aerobic activities are swimming, bicycling, jogging, rope skipping, and aerobic dancing.

I certify that I have given approval for _____

1. To enroll in the above weight-reduction program.

_____ Yes
_____ No

2. To exercise daily.

_____ Yes
_____ No

3. Dietary Limitations _____

Exercise Restrictions _____

4. Blood Pressure _____

_____ M.D.
Signature

MUST BE APPROVED BEFORE PARTICIPATION.

INSTRUCTOR KEEPS THIS FORM IN THE VIRGINIA COOPERATIVE EXTENSION OFFICE AFTER APPROVAL.