

Pre/Post-Natal Doctors Note

[Date] _____

[Patient Name] _____ may participate in the Elements Fitness Pre & Post natal exercise program. The Elements Fitness Pre & Post natal exercise program is a combination of isometric exercises and orthopedic stretches.

[Expected Due Date] _____

[Date For Resuming Physical Activity] _____

[Print Name] _____

[Signature] _____

[Telephone] _____