



CO Division Exercise Navigator Fax: 250 860-4426  
(Phoenix Fitness)

IH Physio Navigator Fax: 250 862-3326  
(Parkinson Rec)

Kelowna Family YMCA Fax: 250 765-7962

H2O Fax: 250-764-4085

Intake assessment is free. Programs vary in cost and can be prorated.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

**Rx:**

Medical Conditions/ Recommendations/ Limitations

\_\_\_\_\_  
Doctor Signature

\_\_\_\_\_  
Print Name

- Yes, I'd like to receive feedback
- No, I don't need feedback

## **CO Division Healthy Lifestyle /Exercise Navigator (Phoenix Fitness)**

COD Partner Kim Froom. Provide (at no cost to patient) contact, intake, assessment, plan and follow-up to increase activity levels. Refers out to other partner fitness facilities or exercise groups depending on individual needs and geographical location.

## **Parkinson Recreation Centre - Physiotherapy Navigator Service**

On-Site Physiotherapist at Parkinson Recreation Centre 5 days per week. Meets one-on-one with the general public and intake for Exercise Rx referrals and assist patient in connecting to City programs & services. Best for patients with known medical conditions (ortho, resp, neurp, geriatric, pre or post OP.) Where appropriate, Navigator will screen and refer patient to Outpatient Physio. Also provides access and direction to education programs: Chronic Disease, Heart and Stroke, Diabetes.

## **Kelowna Family YMCA /H2O - Exercise Rx Navigator**

Provide overview of programs and services: Y free trial, YMCA membership & subsidy information, health /fitness assessment, health coaching and one-on-one exercise prescription & support. Using COACH evidence based behavior change program offering self-management skills for sustained active living. Group fitness (water & land) sports, social & education.