

A safe, in-home exercise program designed just for you

Maintain your progress at home

Has your Provider recommended a home exercise program? Mud Puddle Fitness works directly with your Provider to ensure it's right for you.

You can function better and experience more joy in life with simple regular exercise

Regular exercise helps manage pain, improves strength, and increases energy levels. Specific exercises can help you move better.

Lisa Stuebing, Medical Exercise Specialist, is sensitive to each individual's unique situation

Movement Disorders

Communication Challenges

Chronic Pain

Risk of Falling



Contact Coach Lisa for a free in-home assessment

206-524-6788

CoachLisa@MudPuddleFitness.com

MudPuddleFitness.com

Exercise prescription: I recommend the following medical exercise

Patient's Name

Date

Reason for referral

Provider's name and phone number

Provider's signature

Please contact me before beginning an exercise program with this patient so I may discuss pertinent details with you.

<input checked="" type="checkbox"/>	Type of exercise
	Post-rehab
	Functional fitness for ADLs
	Corrective exercise
	Gait and balance
	Exercise for symptom/pain management
	Weight loss
	Conditioning

Medications that may affect heart or other parameters during exercise

Medications/Effect

Restrictions/Contraindications

Additional medical conditions