



*AmeriPro Fitness*

*Ultimate Lifestyle System*

## ***The Fitness Solution of the Medical Field***

AmeriPro Fitness is becoming the choice of medical professionals nationwide. By offering our online personal training service to your patients, we are able to provide them with professionalism, convenience and care.

Online personal training with AmeriPro Fitness has become a leading wellness solution. Our popularity, success and support are unparalleled as a low cost option for achieving health and wellness.

We offer a complete fitness program for your patients. Our service is unique because the programs are conveniently available online which gives your patients freedom, flexibility and convenience to have a custom fitness plan designed to fit their lifestyle and goals.

**How it works is very simple.** Once a member becomes part of our program, we have them fill out a fitness assessment, goals, etc. and offer a phone consultation to go over their program. A personal trainer will then design a program based on their goals, track their progress and routinely update their program as they go forward.

We make it very simple for your patients. They will be able to login to our site, print out their workout, see a video demonstration of each exercise and log their results if they choose. The best part is they do not have to belong to a health club, we design exercise programs that can be done at home as well.

You can login to the left and take a ***live demonstration*** to see an example of our service.

## **What patient populations can I refer?**

Many research studies have proven the efficacy of physical conditioning and fitness programming for the support of medical management for many diseases including:

1. Diabetes (Type I & II)
2. COPD
3. Chronic Muscle Pain
4. Depression
5. Obesity
6. Sarcopenia
7. Coronary Artery Disease
8. Hypertension
9. Osteoporosis
10. Neuromuscular disorders
11. Postural Imbalances
12. Athletic Injury

As well, physical reconditioning is appropriate for pre-surgical weight loss and fitness to facilitate recovery and prepare the physiology for the rigors of the surgical intervention. It is also a great tool for post-physical therapy. Orthopedic injuries frequently force active people to become sedentary while recovering. Physical reconditioning is a great way to restore full body function to move them into ADL's (Activity of Daily Living) quickly, efficiently, and safely. Patients recovering from trauma and injury that results in the loss of strength and flexibility, of both the injured and uninjured areas of the body, can benefit from physical reconditioning.

## **When should I refer a patient to AmeriPro Fitness?**

Whenever possible! All patients from 8 to over 80 that are not contraindicated from physical activity can be eligible for our program.

## **What is the difference between sending a patient to a physical therapist or to a fitness professional?**

This is an important question. The modern physical therapist is dealing with high treatment volumes and very focused on the specific pathology and subsequent functional restoration. Although some physical therapists are well qualified to evaluate and initiate personal health fitness programs, very few have the time to address the intricacies of the long-term implementation of an exercise plan. Also involved are the lifestyle modification, constant nurturing, one-on-one attention, and dietary coaching that an individual needs to learn and ultimately integrate into their daily life. These issues combined with the hourly expense of most physical therapy services frequently make even short term programs financially prohibitive. Individuals recovering from surgery, acute trauma and significant functional limitations need the expertise, detailed skills and experience of great physical therapists thus making the best use of time and skill consideration.

I ensure you that the scope of practice issues are respected and coordination of expertise is facilitated. I provide the following information for your consideration:

Patient populations that can be readily referred without physical therapist involvement:

1. Stable Metabolic Disease – Diabetes, Hypertension, Obesity, Osteoporosis, Coronary Artery Disease (low risk post event and moderate risk pre-event), Hyperlipidemia, COPD, Stroke, Cancer (in remission).
2. Hypo-Kinetic Dysfunction – Postural and alignment problems (increased lordosis and kyphosis without pain), muscular imbalances, general loss of muscle tone.
3. Mental Health Conditions – Depression, Anxiety.
4. Sport Specific Training/Athletic Conditioning.
5. Pre-surgical for fat/weight reduction and muscle toning to facilitate recovery.
6. The average asymptomatic sedentary patient with no symptoms but stratified high risk due to genetics, family history, environmental exposure, lifestyle.

Conditions under which a physical therapist must be involved at the physical fitness and conditioning assessment or referral to physical therapy.

1. Subjective report of pain above level of 4 on a 0 to 10 scale.
2. Inflammation response levels of III and IV.
3. Joints categorized at a level of 1 (ankylosed) or 6 (unstable).
4. Conditions that are exacerbated by activity even with modifications to movement patterns.
5. Conditions that result in paresthesia or paralysis of extremities.
6. Post surgical.
7. Pain reported while sleeping or at night.
8. Presence of open wounds or broken bones.

We are trained to recognize scope of practice limitations and will inform you if we feel that the patient's situation is beyond our skill scope.

### **What happens when I refer a patient?**

Initially we will schedule a complimentary consultation that will last approximately 30 minutes. This process ascertains the following:

- a. Brief history
- b. Patient's goals
- c. Appropriateness of our services
- d. Determination of financial arrangements.

If both the client and trainer agree on a working relationship, we will proceed to a formal health history questionnaire and schedule the initial assessment.

### **How do I refer?**

You may use your own prescription pad, refer your patients to our website with your ID we provide or we can provide you with a referral form to fax directly to us. Please call or email us and request a referral form. If using your own prescription pad, we encourage you to fax it to us with the patient's phone number so that we may provide a professional follow-up.

Example prescription:  
Diabetes, Hypertension  
Exercise Program Evaluation and Physical Reconditioning  
No Contraindications

## Getting Started

In addition to the numerous benefits to your patients, we have created our wellness program to be revenue sharing. You earn 50% commission on each patient every month, for as long as they remain on our plan. This will enable you to generate additional monthly revenue for your practice. Commissions are paid the 15th of every month.

### Getting started is simple

- 1) Simply fill out the form below to register your practice
- 2) Receive your Affiliate ID
- 3) Refer your patients

Please note that all fields followed by an asterisk must be filled in.

<b>Business Name*</b>	<input type="text"/>
<b>First Name*</b>	<input type="text"/>
<b>Last Name*</b>	<input type="text"/>
<b>Street Address*</b>	<input type="text"/>
<b>City*</b>	<input type="text"/>
<b>State/Prov*</b>	<input type="text"/>
<b>Zip/Postal Code*</b>	<input type="text"/>
<b>Business Phone*</b>	<input type="text"/>
<b>E-mail Address*</b>	<input type="text"/>
<b>Web Site URL</b>	<input type="text"/>
<b>Fax</b>	<input type="text"/>
<b>Referrer's Name or ID#*</b>	<input type="text"/>

**Comments**

A rectangular text area with a light gray background and a thin black border. The word "Comments" is written in bold black text in the top-left corner. The rest of the area is empty, with a vertical scrollbar on the right side.

# Professional Associations



We've been featured in thousands of print, television and online publications.  
Below is a small sampling of some of the media that have featured us.

The New York Times



THE WALL STREET JOURNAL



THE INDIANAPOLIS STAR  
INDYSTAR.COM

