

Members Name..... Date.....

Dear Doctor,

The above patient is a member of Nuffield Health and is personal trained by myself. As part of the service we perform a medical screen to highlight any contra-indications to exercise, the aim being to ensure our clients health and safety. We would therefore appreciate your advice in continuing to provide this service.

During a recent consultation my client has told me she is pregnant and would like to exercise.

I would like to provide you with this opportunity to voice any concerns you may have regarding your patient beginning an exercise programme. Please be assured any information will be treated in the strictest of confidence.

By divulging any information we will not actively seek to attach blame/liability for any misfortune, which may befall your patient whilst exercising at the above facility. We are simply seeking your opinion regarding the commencement of an exercise programme

Yours Sincerely,  
Nic Tomkins

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**GP Recommendation**

- I recommend this patient should NOT commence exercise
- I know of no reason why the above patient may not participate in exercise
- I believe the above patient may commence exercise, but urge caution because:  
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GP Signature..... Printed.....

Surgery.....