Northwestern Medicine Health & Fitness Centers use a medically integrated approach to fitness. Safety and health improvement are our top priorities. Your customized exercise plan is designed with recommendations from your referring provider and applied by our professional fitness staff.

All eight-week pathways include:

- Assessments at the beginning and end of your pathway
- A customized exercise plan
- Two 60-minute supervised exercise sessions per week
- A summary report provided to you and made available to your provider
- Full membership access to your enrolling Northwestern Medicine Health & Fitness Center
- Enrollment fee waived after pathway completion

Cancer Fitness
Guides movement to help reduce fatigue while improving muscle function and range of motion.

Cardiac Fitness
Delivers guidance to help reduce risk factors for cardiovascular disease, gain strength and increase endurance.

Cognitive Health
Uses exercise to help support and improve mental capacity, self-esteem, mood, sleep, energy and stress levels.

Diabetes Fitness
Encourages management of prediabetes and type 1 and type 2 diabetes by balancing physical activity levels and promoting healthy habits.

Fit for Surgery
Helps build muscular strength and endurance prior to surgery to aid in recovery.

Functional Fitness
Promotes pain reduction through gentle movement for conditions such as arthritis, fibromyalgia, lupus, multiple sclerosis, and other autoimmune conditions.

Orthopaedic Fitness
Encourages strength training in targeted muscle groups after physical therapy.

Pulmonary Fitness
Develops specialized plans to help improve breathing capabilities, muscle function and exercise tolerance.

Transitional Care
Provides motivation to help improve stamina and health-related issues due to an inactive lifestyle.

Weight Management
Encourages realistic goal setting for healthy weight and helps develop physical activity habits.

MyFitRx Healthcare Provider Referral
This completed form is required to participate in the MyFitRx program at Northwestern Medicine Health & Fitness Centers.

Patient Name: 
Phone: 

Provider Name: 
Phone: 
Provider Signature: Date: 

Patient is referred for: (Choose most appropriate pathway)
- Cancer Fitness
- Functional Fitness
- Cardiac Fitness
- Orthopaedic Fitness
- Cognitive Health
- Pulmonary Fitness
- Diabetes Fitness
- Transitional Care
- Fit for Surgery
- Weight Management

Please list any exercise restrictions or recommendations:

Ask your provider if a referral to MyFitRx is right for you. Begin any pathway today for just $129.

Program is open to the community. Northwestern Medicine Health & Fitness Center membership not required.

Some prerequisites apply. Contact your nearest Northwestern Medicine Health & Fitness Center for details.

*Pricing may vary by location. See center for complete details.

Northwestern Medicine Health & Fitness Centers