



Provider _____

Your patient _____ DOB _____

Wishes to enroll or continue their enrollment in the Healthy Living Program which offers participants a variety of programs to support the development of social, physical, emotional, and environmental health and well-being. Annual medical clearance is required for participation in most programs. **Please see over for a list of available programs and feel free to circle any which might be of use to this individual.**

DATE OF LAST PRIMARY SCREENING: _____

MOST RECENT RESTING HEART RATE: _____ **DATE MEASURED:** _____

Participant has no limitations

Participant has the following limitations (please be SPECIFIC):

Participant is NOT medically cleared to participate in the Healthy Living Program.

Additional comments:

Provider signature

Date

Please fax back to 703-228-4853 Attn: Healthy Living Program, Tel: 703-364-9974



The Healthy Living Program is not a weight management program, but a well-being program intended to support participants in waking up rested, eating foods that give us energy, moving our bodies in ways we enjoy, feeling good about how we spend our time, and going to sleep feeling content. The Healthy Living Program is entirely based on what feels comfortable and doable to you.

Wellness Coaching

- **Wellness Coaching:** Group and individual based support with wellness planning, and opportunities to engage in wellness-related supports and activities
- **Wellness Check-in Calls:** 30 min appointments available on a weekly basis to provide individualized wellness support

Movement

- **Drop in exercise groups:** low intensity strength/stretch, high intensity strength and cardio, seated strength and stability
- Walk groups
- Yoga therapy

Nutrition Education

- Quarterly nutrition education workshops, presented in partnership with Giant grocery store
- Referral to Giant grocery for individual nutrition consultations
- Referral to Virginia Hospital Center Diabetes Education Center based on medical necessity

Tobacco Cessation

- Drop in tobacco cessation counseling group

Peer Led Wellness Workshops

- Weekly workshops covering a variety of wellness and recovery-related topics
- Whole Health Action Management (WHAM)
- Wellness and Recovery Action Plan (WRAP)

Mindfulness/Stress Management

- Drop in mindfulness class
- Support with accessing free technology-based support with mindfulness practices

Access and referral to additional community-based wellness-resources, including:

- Fee reductions with Arlington County Parks and Recreation, including classes and gym memberships
- Discounted memberships with [Capital Bikeshare](#)
- Fee reductions with Arlington Public Schools pools
- Referral to and discounts with [Virginia Hospital Center health promotion and education opportunities](#)
- Support in accessing bikes through the [Phoenix Bikes Give a Bike program](#)
- Community-based yoga classes through [Sun and Moon yoga studio](#)
- Referral to Giant grocery for [individual nutrition consultations](#)
- Referral to Virginia Hospital Center [Diabetes Education programming](#)

Social: Building a sense of connection and belonging, and a well-developed support system

Physical: Recognizing the need for physical activity, healthy diet, and sleep

Emotional: Coping effectively with life and creating satisfying relationships

Environmental: Developing health by occupying stimulating environments that support well-being