



Your patient, _____, would like to participate in the Brain & Body program through the YMCA of Greater Omaha.

Brain & Body (previously known as Delay the Disease) is an evidence-based fitness program for people with Parkinson’s Disease and other neurological disorders. Classes are designed to challenge individuals to improve physical function, balance, coordination, and brain health.

The exercises in the class vary and can be adapted to each individual’s needs. The program aims to help individuals with Parkinson’s Disease and other neurological disorders decrease fall risk, improve posture and gait, minimize fatigue, reduce rigidity, and maintain or regain independence. In addition, cognitive tasks are incorporated to improve memory, alertness, and thinking.

To ensure the safety of all participants, we ask for physician clearance before beginning the exercise program. If you have any questions regarding the program before completing the form below, please reach out to Amy Roux through the contact information listed below.

Physician Report

I know of no reason why this applicant may not participate in this exercise program

The applicant can participate in this exercise program, but with the following concerns, limitations, or restrictions in mind: _____

I recommend that this applicant NOT participate in this exercise program

Physician Name: _____

Clinic: _____

Physician Signature: _____

Date: _____

Phone: _____

Email: _____

Please email completed forms to

Amy Roux
YMCA of GREATER OMAHA
aroux@metroymca.org