



0610

FitSTEPS for Life®

Fill out this form and give to your physician.
Physician fax copy of referral to:
Dallas 972.664.0549 • East Texas 903.561.7975

Patient Name: _____ Date: _____

DOB: _____ Sex: _____

Phone Number: _____

Address: _____

City: _____ Zip: _____

Diagnosis: _____ Stage: I II III IV

Restrictions: _____

Physician Name (printed): _____

Physician Signature: _____

Dallas Locations

Phone 972.664.0523 • Fax 972.664.0549

- Baylor, Collins Bldg., 3500 Gaston Ave. #605, Dallas
- Presbyterian/Finley Ewing CVC, 5721 Phoenix Dr., Dallas
- Cancer Institute of Dallas, 310 East Hwy. 67, Duncanville
- First Baptist Church, 801 W. Ave. D, Garland
- HRMC/Rehab & Fitness Center, 4215 Joe Ramsey Blvd., Greenville*
- Mesquite Cancer Center, 4700 N. Galloway, Mesquite
- First Baptist Church, 1300 E. 15th St., Plano
- 301 S. Sherman St., Ste. 113, Richardson

East Texas Locations

Phone 903.561.0149 • Fax 903.561.7975

- Cain Center, 915 S. Palestine, Athens
- Bullard Southern Baptist Church, 716 N. Houston St., Bullard
- First Baptist Church, 210 Philip St., Jacksonville
- First United Methodist Church, 402 W. Hubbard St., Lindale
- First Baptist Church, 301 W. Ferguson, Tyler
- First Christian Church, 4202 S. Broadway, Tyler
- HOPE Room, Trinity Mother Frances, Tyler
- TD Fitness, 109 E. Main St., Whitehouse

* New location February, 2010



A FREE Exercise Program Essential to Your Cancer Survival

Ask your doctor how YOU can
participate in this FREE program!

www.fitstepsforlife.org



Benefits of Exercise

Improves Quality of Life

- Reduces stress and depression
- Improves physical and cognitive function

Improves Cancer Survival

- Up to 50% in colon cancer
- Up to 50% in breast cancer

Improves Chronic Diseases

- High blood pressure, heart disease, diabetes, arthritis, obesity, lung disease and bone loss (osteoporosis)

Enhances Independence

- Improves balance and mobility

Reduces Side Effects of Treatment

Improves Chronic Fatigue

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