



ForeverFit at HSC Physical Health

6913 CAMP BOWIE BOULEVARD, SUITE 175 FORT WORTH, TX 76116

About us

ForeverFit provides individualized, structured and supervised fitness programming specifically for cancer patients. ACE Cancer Exercise Specialists work directly with each patient to prescribe appropriate exercises based on their diagnosis, treatment and recovery status.

Anyone with a current or previous cancer diagnosis is eligible for ForeverFit. A physician referral by the patient's primary physician or oncologist is required.

Other services available to patients

Cuisine for Healing - A Fort Worth nonprofit organization with a mission to make healthy, nutritious food readily available to people combating life-threatening diseases, while providing education about the power of food in the healing process.

Aquatic Personal Training - Customized and monitored strength, cardio, and flexibility training in the heated pool onsite.

Group Fitness Classes - Weekly yoga classes with a certified instructor in a community of other ForeverFit patients.

Specialty Classes and Seminars - Exclusive opportunities to participate in classes such as mindfulness-based stress reduction, nutrition and more.

To schedule an appointment, call 817-735-0550 or email HSCPhysicalHealth@unthsc.edu with your name and phone number.



A physician referral is required for participation. To submit your completed referral, email this form to HSCPhysicalHealth@unthsc.edu or fax to 817-549-6470.

Patient Name: _____

Today's Date: _____ DOB: _____ Gender: _____

Phone Number: _____

Patient Email: _____

Cancer Diagnosis (ICD-10): _____

Restrictions: _____

Assistive Devices Used: _____

Physician Name (Printed): _____

Physician Signature: _____

For questions contact HSCPhysicalHealth@unthsc.edu or 817-735-0550.

How can you make a difference?

ForeverFit has received initial funding support from the Rutledge Cancer Foundation and HSC Foundation. Additional community support is needed to sustain the program over time.

To learn more, contact:

HSC Foundation (817-735-5126; unthsc.edu/outreach/giving)

