**[Your GP Practice Name]**  
[Practice Address]  
[City, Postcode]  
[Phone Number]  
[Email Address]  
[Date]

**[Recipient's Name or Gym Name]**  
[Gym Address]  
[City, Postcode]

**Subject: Patient Fitness to Attend Gym – GP Letter Request**

Dear [Recipient's Name],

Thank you for your recent request for a letter confirming that [Patient’s Name] is fit to attend the gym and exercise. We appreciate the importance of ensuring individuals engage in physical activity safely. However, we regret to inform you that NHS GPs are not in a position to provide such letters for the following reasons:

1. **Patient Autonomy and Responsibility** – It is ultimately the individual’s responsibility to decide whether they feel well enough to undertake exercise. Unless a specific medical condition prevents them from doing so, patients should assess their own ability to engage in physical activity.
2. **Lack of Specific Fitness Assessments** – NHS GPs do not conduct fitness-to-exercise assessments as part of routine care. If a medical evaluation is required, this would typically fall within the expertise of a sports medicine specialist or a private occupational health provider.
3. **Guidance from Medical Organisations** – The British Medical Association (BMA) and NHS England advise that GPs should not be asked to confirm fitness for gym attendance, as this does not form part of NHS-funded services.
4. **Unnecessary Medicalisation** – Requiring GP approval for general exercise participation may inadvertently discourage individuals from engaging in physical activity, which is generally beneficial for overall health and wellbeing.

If a patient has a pre-existing medical condition and requires tailored advice regarding exercise, they may be referred to an appropriate specialist or physiotherapist. We encourage gyms to provide self-declaration forms instead of requesting GP letters, ensuring accessibility while respecting medical best practices.

We hope this clarifies our position, but if you require further information, please do not hesitate to contact us.

Yours sincerely,

[Your Name]  
[Your Position]  
[GP Practice Name]