

Welcome to *Personal Training*



Name: _____

Date: _____

Purchased: _____

Thank you for your interest in our Personal Training program. We want to help you reach your health and fitness goals by pairing you up with one of our qualified trainers. Our Personal Trainers are committed to providing you the best sessions to meet your needs. Our staff is dedicated to helping you reach your goals by promoting healthy, lifelong fitness Behaviors. They love what they do and they can't wait to work with you. Make an appointment with them to see what they are all about! Before you begin your program, please take a moment to read the following in its entirety and fill out all applicable forms. These forms are an important means for us to help you reach your goals safely and effectively.

1. Be sure to review our Personal Trainer's Bio's

- ALL Personal trainers are certified specialists
- <http://thewellatsacstate.com/fitness/training>
- Visit our Fitness Desk and ask an attendant for more details

2. Schedule a FREE Orientation at our Fitness Desk

TONE UP: An exercise prescription for toning up or weight loss.

BUFF UP: An exercise prescription for gaining strength or building muscle.

ACTIVE FIT: An exercise prescription to increase physical activity and gain additional knowledge on the basics of cardiovascular exercise and strength training.

- One-hour Duration
- Schedule with any trainer of your choice
- Fill out a Health History Questionnaire (see attached documents)*

3. After the Orientation

- If you are ready for personal training and you have found the perfect trainer for you, be sure to discuss personal training options.
- Have your Trainer walk you to the Front Desk to purchase training sessions.

4. Purchasing Sessions

The Front Desk is the *ONLY* place to purchase sessions. You may pay with Cash, Credit or Debit cards.

- Individual hour-long session, or buddy training hour-long session
- Installment plans are available for individual training (see attached document for pricing)*
- We offer 3, 5, 10 or 20 pack for sessions

5. Sessions, Policy and Guidelines

- *You must pay for each session or each installment PRIOR to any PT sessions.*
- *In order to reschedule or cancel an appointment you must notify your personal trainer 24 hours in advance. Failure to do so will result in forfeiture of the session.*
- *Please be on time for your sessions. If you arrive more than 15 minutes late for your scheduled session, you will lose your session time and forfeiture of the session will occur. Personal training sessions are non-refundable, unless valid medical note provided.*

6. What you will do

- *Each session is individualized and geared towards each client's needs and abilities.*
- *Discuss with your trainer ahead of time what your intentions, goals, limitations, injuries, health and other areas of fitness you believe your trainer should be aware of.*

Risk Factors to be aware of:

- *A medical clearance form asked of you prior to your first session. This will be issued by your personal trainer based on your Health History Questionnaire and any other Health Risk Factors.*
- *Medical clearance must be signed by your doctor to participate in personal training sessions*
- *Be sure to be 100% honest with your trainer about your Health History so the training can ensure your physical, and psychological safety while your session is occurring.*

7. What to Wear or Bring to PT?

- *Wear appropriate clothing for the conditions (e.g. shorts/track pants and t-shirt/singlet/sports top) and non-slip athletic footwear with laces securely fastened. No jeans, or non-secure shoes (i.e. sandals) Remove*

restrictive jewelry, watches, bracelets or hanging earrings that may get caught in equipment. Bring a bottle of water, and sweat towel if needed.

8. What are your Goals?

- Goal setting is important when designing and monitoring an exercise program. Setting specific, measurable, attainable, relevant, timely goals will be something you and your trainer will do together in order to assure that you get the most out of each session.

*When choosing goals they should be **S.M.A.R.T.***

- Specific- If your goal is weight loss; try to make it more specific. Try stating the amount of weight, the time frame, and the method of measurement (scale or body fat%).
- Measurable -To truly evaluate improvements, the goal should be measurable. The way you look is not tangible, and could be frustrating to evaluate.
- Attainable - Goals should be challenging but possible. Keep in mind how long you are allowing for reaching your goal and make sure that is safe and realistic.
- Relevant - Goals should be pertinent to your interest, needs, and abilities.
- Timely - Set a timeline reaching your goal. Again be realistic.

Congratulations on taking the next step to achieving your goals!

If you have any feedback regarding your trainer, or questions, please contact the Supervisor of Fitness at 916.278.1805

SMART Goal Worksheet

Name: _____

Today's Date: _____

Start Date: _____

Target Date: _____

Specific:

*Who: Who is involved? _____

*What: What do I want to accomplish? _____

*Where: Identify a location _____

Measureable:

How will I know when it is accomplished? _____

How am I going to measure this accomplishment? (i.e., Time, distance, weight) ? _____

Achievable:

Set smaller goals to achieve the big goal. _____

Relevant:

Why is this goal significant to your life? Give specific reasons or benefits. _____

Timely:

When do you want to achieve this goal? _____



Check List

1. *Scheduled an Orientation* _____

2. *Meet with a Trainer* _____

3. *Purchased PT Sessions* _____

4. *Health History Form Filled completely* _____

5. *SMART Goal Worksheet Filled completely* _____