



WHAT TO EXPECT AT YOUR FIRST PERSONAL TRAINING SESSION

Before the session

- Fill out forms
- Current Medical Conditions
- 3-day Dietary Record
- Medical History
- PAR-Q
- Others

Day of the session

- Wear clean, well-fitting clothing that isn't revealing
- Wear your Fitbit or heart rate monitor if you have one
- Wear tennis shoes or sneakers, no flip-flops, work boots, or heels
- Bring a water bottle & hand towel
- Have a light, healthy snack 30 minutes before
- Be well hydrated

Greetings!

- Tour of the gym

Icebreakers

- Discovery questions – get to know each other
- Goals discussion – tell the trainer what you want to accomplish
- Fill out liability waiver & informed consent

Fitness assessments

- Weight and height
- Blood pressure
- Cardiovascular health
- Flexibility & range of motion
- Body composition measurements
- Muscular endurance
- Movement assessments
- Muscular strength
- Posture

End of session

- Program ideas for how to reach your goals
- Training packages that fit your budget
- Testimonials from other clients
- Available services that fit into your lifestyle
- Results you can expect working with the trainer

Final questions

- If you are nervous about anything, let the trainer know
- Don't be shy

Sign-up & get fit!