



ACTIVE HEALTH | 1ST PERSONAL TRAINING SESSION

(Training Assessment)

Training assessments are an introduction to what personal training can do for you if you participate regularly and is at no cost. They provide a professional evaluation of your mobility, strength & endurance. The information establishes a baseline for any future fitness program with us.



Session Goals

Evaluate mobility, strength & endurance.

Appropriate short & long-term goals.

Identify a fitness strategy custom for you.

What to expect during the session?

- ✓ 60 minutes with the Personal Trainer
- ✓ Explore what fitness goals are important to you
- ✓ Digital body scan & composition analysis
- ✓ Insight into how your body moves
- ✓ Identification of any imbalances or weaknesses
- ✓ A review of concerns from medical providers (if appropriate)
- ✓ Professional fitness strategies (1-on-1 session & class plan)

How to be Successful

Wear gym attire. Comfortable clothing that does not restrict movement. Bring a list of any health concerns or goals you want to work on. Regular engagement and acceptance that change takes time. Consistency is critical. The more consistent and time given the better your outcome will be. This is not a quick fix solution but a lifechanging undertaking.

FAQ: What if I just want to exercise without 1-on-1 training? Personal Training is not included with our Memberships, but classes are. Consider starting with one of our small group fitness classes. We run several fitness classes throughout the week at various times, ask for a calendar to learn more!

FAQ: Will I be sore after the session? It is not uncommon for clients to experience Delayed Onset Muscle Soreness (DOMS). This is especially true if exercise is not a regular part of your routine. This is perfectly normal, and hydration is key. If you would like to learn more about DOMS we have materials posted on our website addressing this topic specifically.