

24 Prescott Street
PO BOX 359
Kemptville, ON K0G 1J0



Phone: 613.258.4001
vitalityfitness@bellnet.ca
www.vitalityfitnessstraining.com

Becoming a Member

- Obtain a copy of our New Member Package, available on location in our Welcome Area, or [download](#) from our website.
- Next you will need to decide which membership contract is right for you. Don't hesitate to contact us for particulars, and for help deciding which contract option to choose!
- Call us to make an appointment. Please allow 1 ½ -2 hours for your equipment Orientation, and optional Fitness Appraisal. (For this appointment, you will need your completed program questionnaire, waivers/releases, membership agreement, and payment).
- Make a second appointment for your Personalized Program Instruction. Please allow 1 ½ hours for this appointment. Your trainer will show you the exercises they have chosen for you to help you meet your goals.
- Your membership can begin any time after this instruction.

Orientation & Personalized Program Design Package

This package includes:

- Orientation
- Fitness Appraisal (Optional)
- Blood Pressure Test (Required)
- Personal Program Design
- One-on-one Instruction

Your fitness orientation and appraisal results are meant to give us a starting reference point for designing a program just for you. It works great for a motivator, as we'll be able to look back and see how far you have progressed. If you're not looking forward to your appointment, give us call, so we can reassure you of any concerns you might have. Your fitness experience should be self-satisfying and most of all FUN! Rest assured all your information is kept in strictest confidence!

What to Expect at Your First Appointment

At your first appointment (approx. 1 ½ - 2 hrs.) we will review the Program Design and Questionnaire which shall have been previously filled out; discuss fees; and take payment. You will be giving a tour of the facility, and a blood pressure test will be done.

An **optional** Fitness Appraisal may also be done, which includes:

- Measuring weight, height, and body fat
- A muscular endurance test, by means of partial curl-ups and push-ups
- A test of muscular strength by a reach-and –jump test, and a piece of equipment
- Testing flexibility with a sit-and-reach test
- A cardiovascular-5minute FIT TEST on a treadmill. (An alternative method for the FIT-TEST may be done for clients not able to walk on the treadmill).

Four components of the fitness appraisal can be modified/eliminated to tailor to your comfort level; i.e. FIT-TEST, push-ups, curl-ups, and jump test.

At the end of the appraisal, the next appointment will be made for your program design instruction. Program instruction times vary: please allow 1-1 ½ hrs for your appointment.

For accurate results, please adhere to the following conditions for your Fitness Appraisal:

- Bring clean indoor running shoes (outdoor shoes are not permitted beyond the door mats).
- Wear loose, comfortable clothing, with short sleeves.
- Please eat 3 hours before, but no eating 2 hours before, your assessment.
- Do not consume alcoholic beverages for 6 hours prior to your appointment.
- Do not smoke during the 2 hours before your appointment.
- Strenuous activity should also be avoided during the 6 hours before your appointment.

Personalized Program Design

After your fitness assessment, we will create for you a personalized fitness program based on your assessment results, your completed questionnaire, and your personal goals. Your program will include a personal binder including your results, goals, and the individual exercises comprising your fitness program, with photos and details describing each exercise, and their execution.

Instruction

When your Program Design is completed, you will meet with a trainer again who will walk you through your personal program, instructing you on how to execute the exercises safely and to maximum benefit, and answers any questions you may have. Please allow approx.1 hr for this appointment.