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****PLEASE READ BACK PAGE FOR IMPORTANT INFORMATION PERTAINING TO YOUR ORIENTATION****

PROGRAM DESIGN

In order to increase your chances of being successful at achieving your goals, a certain protocol should be followed. Please ensure all your goals are 'SMART'.

- S Specific (*provide details, how long, how much, etc.*)
- M Measurable (*how will you measure whether you've reached your goals*)
- A Attainable (*be realistic, set small goals*)
- R Rewards-based (*attach a reward to each goal*)
- T Time frame (*set specific dates for goals*)

The Benefits of a Program

In the following table of 12 benefits, choose the **10** you feel are most important to you and rate them, in *descending* order, from 10 to 1, **10** being the ***MOST important***, **1** being the ***LEAST important***.

	Balance		Mental Health
	Bone Density		Muscle Strength
	Cardiovascular Health		Muscle Tone
	Coordination		Quality of Life
	Flexibility		Reduce Body Fat %
	Insulin Regulation		Sports Specific Training

If you've selected "*Sports Specific Training*", please indicate which sport(s) _____.

Is there anything else you feel is important for you to gain from your time at the gym? If so, please indicate.

Are you a smoker? *(response optional)* Yes No

Do you have previous experience working out in a gym environment? Yes No

Are you confident with free weights? Yes No

Does sweating bother you? Yes No

If YES, is it an issue that could interfere with your workouts? Please explain. _____

Does being sore, the next day, interfere with your daily activities, or discourage you from fitness?
 Yes No

Can you tolerate feeling muscle soreness after workouts? Yes No

Do you need “tricks” or “toys” to keep you motivated? Yes No

Do you enjoy trying new things? Yes No

Does your level of balance influence your daily life? Yes No

If YES, please explain _____

How many hours, per day, do you sit? _____

In the following table, realistically, please indicate how much time you’re willing to devote to your fitness program, each day of the week.

Choose from: NT (no time), 30 min., 45 min., 1 hr. or 1 hr PLUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Do you have a fitness goal? Yes No

If YES, what is it?

Realistically, how long do you feel you will need to reach your fitness goal(s)?

3 Months 6 Months 12 Months Longer

Do you need a Personal Trainer to help you set a goal? Yes No

Will you reward yourself once you reach your goal? Yes No

If YES, please explain.

Females: Are you comfortable working out in a “Co-Ed” environment, or would you prefer your program to include only the equipment on the “women only” side.

CO-ED WOMEN’S ONLY

What to Expect at your Orientation

Please telephone to set up an approximate one (1) hour Orientation appointment, for men. Women, please allow two (2) hours, if a gym environment is a new experience for you, as we have more amenities to offer women.

At your Orientation, we will review this Program Design Questionnaire, discuss membership fees and obtain payment. We will take your blood pressure and instruct you on our weight and cardio equipment. It is recommended, but **not mandatory** to have the Fitness Assessment portion of the Orientation (*please refer to page 4 for more information on the Fitness Assessment portion of the Orientation*).

Upon completion of your Orientation, your Program Instruction appointment will be set-up. Program Instruction times vary; however, please allow between 1-2 hours.

Please adhere to the following conditions for your Orientation appointment. For accurate results, please:

Clothing/Footwear Requirements: Please bring *clean indoor running shoes*, and wear loose, comfortable clothing, with short sleeves.

Food and Beverages: Please **eat** three (3) hours prior to, but not less than two (2) hours prior to your appointment. Please **do not** consume any alcoholic drinks, less than six (6) hours prior to your appointment.

Smoking: Please **do not** smoke, during the two (2) hours prior to your appointment.

Physical Activity: Strenuous physical activity should be avoided for six (6) hours prior to your appointment.

FITNESS ASSESSMENT TESTING

Your *Fitness Assessment* results are intended to give us a baseline for designing a fitness program, specifically tailored to you. This approach has proven to be a tremendous motivator, when you look back and see how far you've progressed. We will assess the following:

Mandatory:

- Blood pressure

Optional:

- Weight, height and body fat (recommended, but not mandatory);
- Muscular Endurance - by means of partial Curl-ups and Push-ups;
- Muscular Strength - by a Reach and Jump test and a piece of equipment;
- Flexibility - by a Sit and Reach test;
- Cardiovascular - by a 5 minute FIT-TEST on a treadmill. An alternative method for the FIT-TEST may be done for clients unable to walk on the treadmill.

Four (4) components of the fitness assessment can be modified or eliminated, and tailored to your comfort level (FIT-TEST, Curl-ups, Push-ups, and the Reach and Jump test).

If you're a little apprehensive about your appointment, please contact us. We will be pleased to reassure you of any concerns you may have. Your fitness experience should be self-satisfying and most of all FUN! Rest assured all your information is kept in strictest confidence!

Meet Our Team

Kurt Gebhardt

Kurt has a lifetime of fitness experience. He is a huge sports fanatic with a weakness for baseball and running. He is very social, approachable and energetic. His main goal is to help his clients become more active by taking the *Vitality* approach. His clients expect to be pushed and will get what they've come for!

Becky Kelly

As a mother of two, certified BOSU instructor, Gymstick instructor and Resist-A-Ball; Core Level 2 instructor, Becky believes that getting and staying healthy is a lifestyle change not an overnight success. Since joining us in 2003, she's been known to be innovative, witty and ORGANIZED! Becky approaches everything in moderation, even with her weakness for "treats". Becky has a diverse client base including pregnant moms and middle-aged fitness new comers.

Rebecca (Becky#2) Langstaff

Becky graduated from the Fitness and Health Promotion Program from St. Lawrence College (Kingston) in June 2011. Certified as a personal trainer with YMCA and CSEP – CPT, certified group fitness instructor with Can-Fit-Pro and is a Zumba Basic and Gold instructor. Becky has been physically active her whole life with figure skating, track and field and tennis.

Brodey Richardson

Brodey is a graduate from the Fitness and Health Promotion at Algonquin College (Ottawa). Certified as a personal trainer through CSEP. He has lived in the North Grenville area all of his life. He is very friendly and has a positive outlook on healthy active living. Working on balance and core strength is a big priority to him and his clients. Brodey has a strong background in sports and enjoys staying active.