



# AdvantageHealth Personal Training

## SERVICES AVAILABLE

### ONE-ON-ONE TRAINING

Get an individualized program tailored to meet your fitness needs and goals.

### PARTNER TRAINING

Save money and gain extra support when training in groups of two or three.

### FITNESS ASSESSMENTS

Learn what direction your training needs to go with a full body fitness assessment.

### SMALL GROUP TRAINING

Specialty training classes are offered over 6-8-week sessions.

## PROFESSIONAL GUIDANCE TO ADD A NEW DIMENSION TO YOUR HEALTH

### WHY PERSONAL TRAINING?

Are you bored with your workouts, losing motivation, looking for new skills and techniques, or just starting an exercise program?

Our degreed and certified fitness professionals can help you train in a way you never thought possible—giving you the motivation, guidance, and support you need, which will allow you to reach new heights in your fitness goals and experience maximum benefits.

### BENEFITS

Personal training has many benefits which include weight loss, increased muscular strength and decreased cholesterol and blood pressure. While many only consider these benefits, personal training offers a multitude of other benefits such as: learning new exercises to incorporate into your own workouts, knowledge of safe and efficient techniques, building effective workouts, and breaking through plateaus.

# CAPELLA TOWER HEALTH CLUB

## Personal Training Questionnaire

Full Name: \_\_\_\_\_

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender:  Male  Female

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone: \_\_\_\_\_

E-mail Address (please provide the email address where primary communication between you and your personal trainer will be sent):

\_\_\_\_\_

Emergency Contact & Relation: \_\_\_\_\_

Phone: \_\_\_\_\_

### Personal Health History

Do you currently have or ever had any of the following conditions? If yes, please describe.

Condition	Date and Description
<input type="checkbox"/> Asthma	_____
<input type="checkbox"/> Arthritis	_____
<input type="checkbox"/> Diabetes	_____
<input type="checkbox"/> Cancer	_____
<input type="checkbox"/> Stroke	_____
<input type="checkbox"/> Hypertension	_____
<input type="checkbox"/> Heart Disease	_____
<input type="checkbox"/> High Cholesterol	_____
<input type="checkbox"/> Osteoporosis	_____
<input type="checkbox"/> Epilepsy	_____
<input type="checkbox"/> Thyroid Disorder	_____
<input type="checkbox"/> Hernia	_____
<input type="checkbox"/> Gait Problems	_____

Do you currently have or ever had any injuries/surgeries in any of the following areas? If yes, please describe.

Upper Extremity	Date and Description
<input type="checkbox"/> Head/Neck	_____
<input type="checkbox"/> Upper Back	_____
<input type="checkbox"/> Shoulder/Clavicle	_____
<input type="checkbox"/> Arm/Elbow	_____
<input type="checkbox"/> Hand/Wrist	_____
<input type="checkbox"/> Other	_____
Lower Extremity	
<input type="checkbox"/> Hip/Pelvis	_____
<input type="checkbox"/> Lower Back	_____
<input type="checkbox"/> Abdomen	_____
<input type="checkbox"/> Leg/Knee	_____
<input type="checkbox"/> Ankle/Foot	_____
<input type="checkbox"/> Other	_____

Please list any current medications that may influence response to exercise:

Type \_\_\_\_\_ Purpose \_\_\_\_\_

Type \_\_\_\_\_ Purpose \_\_\_\_\_

Are you currently under the care of a physician, chiropractor or other health professional?

Yes  No

If yes, please explain:

\_\_\_\_\_

\_\_\_\_\_

Do you currently smoke?

Yes  No



## Nutrition

How would you characterize your daily nutritional habits?

- Excellent       Very Good       Good       Poor       Very Poor

Have you ever participated in a nutrition program and/or weight management program?

- Yes       No

If yes, please list program and year(s) participated: \_\_\_\_\_

## Physical Activity

Please list any physical activities and/or workout regimens that you have participated in within the last 6 months:

<u>Activity</u>	<u>Frequency</u>
_____	_____
_____	_____
_____	_____

Have you worked with a personal trainer in the past?

- Yes       No

If yes, please explain:

\_\_\_\_\_  
\_\_\_\_\_

## Goals

List the goals you would like to accomplish by using a personal trainer:

- 1) \_\_\_\_\_  
2) \_\_\_\_\_  
3) \_\_\_\_\_

How do you rate your level of motivation and commitment to achieving your goals? (1 = Low, 5 = High)

- 1       2       3       4       5

What is motivating you to complete your goals? \_\_\_\_\_

\_\_\_\_\_

## Time Commitment

Please indicate which days/times you can commit and how many minutes to meet with a personal trainer:

Day	Time of Day Preferred or Available	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

# PAR-Q & YOU

(A Questionnaire for People Aged 16 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor first. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition AND that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know <u>any other reasons</u> why you should not do physical activity?

## IF YOU ANSWERED . . .

### **... YES to one or more questions**

Talk with your doctor by phone or in person BEFORE you start becoming more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful to you.

### **... NO to all questions above**

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

**NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

### **WHEN TO DELAY BECOMING MORE ACTIVE:**

- If you are not feeling well because of a temporary illness such as a cold or fever – wait until you feel better; **OR**
- If you are or may be pregnant, talk to your doctor before you start becoming more active.

Informed use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for person(s) who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## PERSONAL TRAINING PACKAGE OPTIONS

Whatever your needs or goals may be, we offer a variety of options to fit your schedule—and your budget. Choose one of the following options:

- **Individual Package Sessions**
  - With individual sessions, you can pay for any number of sessions in advance and use them when you need them.
  - You will be able to choose 30, 45, or 60-minute sessions based on what fits with your schedule the best.
  - All sessions expire six months from the date of purchase.
- **Individual Month-to-Month Sessions**
  - The month-to-month option allows you to choose the number of sessions you need per month at discounted rates. Your credit or debit card will be set up on a monthly automatic payment for the day of the month you choose.
  - Your first payment will be taken prior to first training session. You are free to cancel at any time (see cancellation policy).
  - Month-to-Month sessions expire 30 days from the monthly subscription date.
- **Individual Training Plan**
  - If you're looking to jump start your fitness routine or are training for a specific goal, try our Individualized Training Plan!
  - Individual Training plans **include**:
    - 30-Minute Consultation to discuss your overall fitness goals.
    - Customized 4–6-week fitness plan.
    - 45-minute session with your trainer to go over your fitness plan.
- **Group Training Sessions**
  - Train with a partner and pay less! Take 30% per person off any length of session when you sign up with a group of 2-4 people.
  - With group sessions you can pay for any number of sessions in advance and use them when you need them.
  - You will be able to choose 30, 45, or 60-minute sessions based on what fits with your schedule the best.
  - Group Sessions do not transfer to individual sessions.
  - All sessions expire six months from the date of purchase.
- **Group Training Month-to-Month Packages**
  - Train with a partner and pay less! Take 30% per person off packages when you sign up with a group of 2-4 people.
  - The month-to-month option allows you to choose any number of sessions at discounted rates. Your credit or debit card will be set up on a monthly automatic payment for the day of the month you choose. Your first payment will be taken prior to first training session. You are free to cancel at any time (see cancellation policy).
  - Group Sessions do not transfer to individual sessions.
  - Month-to-Month sessions expire 30 days from the monthly subscription date.

# Choose the package that fits your needs.

Individual or Packaged Sessions		Monthly Recurring Session		Individual Training Plan	
SESSION LENGTH	COST	SESSION LENGTH	COST	1 Plan	\$95
30 MINUTES	\$37	30 MINUTES	\$33		
45 MINUTES	\$55	45 MINUTES	\$50		
60 MINUTES	\$70	60 MINUTES	\$63		

**Client Name:**

Amount of sessions/length

Price

Expiration

## Policies & Agreement

**Appointment Cancellation Policy:** A 24-hour advance notice is required if cancelling a personal training appointment. AdvantageHealth reserves the right to retain 100% of the session fee if sufficient notice is not given.

**Day Money Back Guarantee:** If for any reason you are not completely satisfied with your Personal Training experience within the first 15 days, a full refund is given with a written or e-mail cancellation. After the 15 Day Money Back Guarantee, sessions are non-refundable. Sessions are transferrable to another Capella Tower Health Club Member.

**Expiration Date of Training Sessions:** For package sessions, If you purchase 1 session or 4 sessions there will be a 3-month expiration from the date of purchase. If you purchase 8-sessions or 12-sessions, there will be a 6-month expiration from the date of purchase. Month-to-Month sessions do not roll over.

**First Session:** The majority of a client's first session may be a consultation and/or fitness assessment with the trainer. This consultation is designed to set goals, learn more about the client and provide education.

**Medical Release:** After reviewing a client's health history and/or any fitness assessment results, it may be determined that a medical release is required before personal training can continue.

**Exercise Safety:** The client certifies that all answers to questions in the health history and PAR-Q are true and complete to the best of their knowledge. It is the client's responsibility to notify the trainer of any changes in their health which might affect my ability to exercise safely, as well as monitoring their own physical condition throughout any sessions, and if any unusual symptoms occur, to discontinue activity and notify the trainer. The client can refuse to participate in any activity that they do not wish to do at any time during their personal training session.

**Waiver:** I acknowledge I have signed a Waiver of Liability and Hold Harmless agreement when I joined the Capella Tower Health Club Facility and understand the inherent risks in participating in a program of strenuous exercise including, but not limited to, abnormal blood pressure, muscle soreness, fainting, heart attack or death.

**Outside Personal Trainers:** No outside trainers or coaches are permitted to use the facilities.

**Evaluation:** Once you have completed your sessions, you may be asked to complete a brief evaluation to determine quality of the services rendered by the personal trainer.

I certify that I have fully read and understand the policies and terms of this agreement and will comply with the contents herein. I assume all risk for my health and I know that I may discontinue training at any time without a refund.

\_\_\_\_\_  
Name of Participant

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant

