

F.I.T.W.I.S.E. PERSONAL TRAINING by Trish Schwartz

I teach you everything you need to know in 10-sessions to be successful in fitness and weight loss. After that, you can continue your workouts independently or continue to use my services to motivate you and push you through a good, challenging workout.

This package can include training at the studio or at your home or a little of both.

STRATEGY:

1. **Start you** where you **NEED** to be and take you where you **WANT** to go in the in the safest, most sensible and most effective way.
2. **Prescribe the most beneficial fitness program for YOU** by:
 - a. Thoroughly reviewing your health questionnaire and/or nutritional questionnaires. This helps me to help you be successful by giving you effective programs that are specifically designed for you as an individual. In addition, I guide your progression to optimize your fitness level and physical abilities.
 - b. Conducting a fitness evaluation for acquiring information about your specific needs, goal setting, motivation, & results comparisons.
 - a. Heart rate factors (R.H.R.; Ambient; Recovery, heart rate workout zones and Blood Pressure)
 - b. Body weight and/or body fat percentage
 - c. Circumference measurements
 - d. Strength testing: Abdominal; upper body
 - e. Flexibility testing: Hamstrings, lower back, neck, hips.
 - c. Interviewing YOU and finding out what you want and need, what your time schedule is like, what are your likes and dislikes in food and/or physical activity and what concerns you have to input.
 - d. Goal Setting and goal tracking to give you a purpose as well as motivation toward achieving your goals.
3. **Design a workout and/or nutritional regimen** that:
 - a. Appeals to you.
 - b. Fits into your busy lifestyle.
 - c. Is doable, comfortable and sensible.
 - d. Provides variety.
 - e. Will get you the health and fitness level you desire.

4. **Provide constant feedback and monitoring** by:
 - a. H.R. tracking
 - b. Body weight tracking
 - c. Food Log tracking
 - d. E-mail and telephone coaching

5. **Provide continual education** to give you all the tools and knowledge you need to be successful without me:
 - a. One-on-one personal training with hands on instruction and feedback.
 - b. A wide variety of “fitness” articles on my web page.
 - c. Handouts with a variety of “fitness” information for you to read and study at your leisure.
 - d. Availability by e-mail and phone to answer your questions or refer you to getting the answers.

TOOLS:

1. H.R. monitor: Monitors stress, fat usage, physical performance and helps motivate.
2. Home exercise equipment recommendations.
3. Mapping of routes for outdoor fitness excursions.

EXAMPLE OF 10-SESSION PERSONAL TRAINING PACKAGE:

1. Weight Training Program # 1 instruction
2. Weight Training Program # 1 follow-up. Full workout.
3. Nutritional, wellness and weight loss counsel.
4. Heart Zones training using a heart rate monitor. (Teaches you how to work out in the most optimal heart rate zones for maximal calorie and fat usage). This involves walking; walk/jogging, hiking, biking, elliptical or stairs)
5. Weight Training Program # 2 instruction
6. Program # 2 follow-up. Full workout.
7. Circuit Training using fitball, body bar, dumbbells, etc.
8. Home work out program or travel workout) using fitball, X-er Tube, etc.
9. Interval training (alternating aerobic and resistance training)
10. Pilates