

How to get the most out of your FitMamas Personal Training classes!

- Complain of Nothing! Not even the weather
- No excuses
- Be honest
- Be considerate of others
- Keep conversation on track and about fitness
- Follow our plan and the instructions
- Wear form fitting (not too baggy) clothes (so we can assess form and technique)

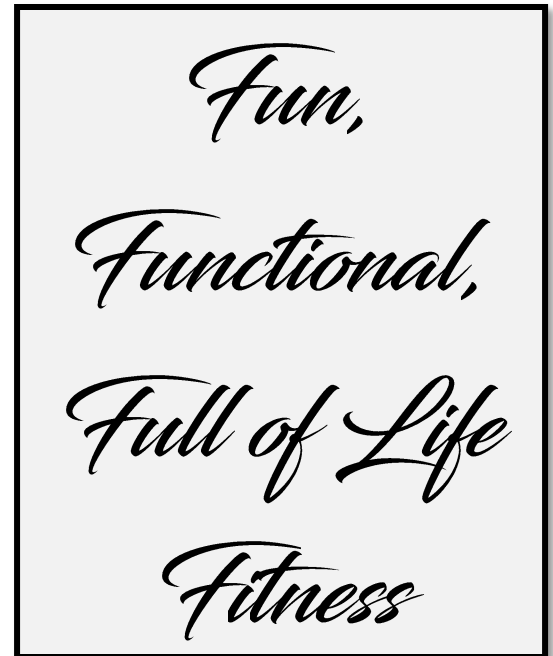
Trainer Commitments

- Teach proper form and technique
- Present healthy positive challenges
- Forgive mistakes and offer a clean slate
- Notice and appreciate effort
- Maximize strengths

Individual (One on One) Session

Expectations Our meetings may include but are not limited to:

- Learning and fine tuning new moves and exercises.
- Developing plans for home work-outs.
- An integrated approach to include encouragements for health enhancement opportunities outside our times together (swimming, dance lessons, food accountability etc.)
- Checking technique to maximize efforts.
- Checking technique and form for safety.
- Addressing current health/fitness struggles with focused exercise and other recommendations.
- Periodically working through a session to observe work-out from beginning to end.
- Periodic re-evaluation and planning meetings.
- On-going movement assessments and adjustments.



1. How can we maximize this special time?

2. What can we learn?

3. What can we laugh about?

Personal Trainer - A fitness professional possessing the knowledge, skills and abilities for safe and effective exercise and fitness program design, instruction and assistance for the purpose of reaching personal health and fitness goals.

Nutritionist - A person whose job is to give advice on how food affects your health.