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### **Personal Training Guidelines**

#### Congratulations

Congratulations on taking the first step to reaching your health and wellness goals. I am confident that this will be a positive experience that will have a lasting impact on your body, mind and spirit.

#### Terms of Training

To attain your goals, the trainer will need your cooperation and commitment. The trainer and client must work as a team, giving 100% of their energy. Throughout your workouts, be as open as you can. This is your personal training program and it can only work if you are actively involved.

For maximum results you should schedule at least two training sessions with your trainer per week. You should also do two to three workouts a week on your own. After four to six weeks, you should start to see results regularly and consistently

#### Fees

##### **Sessions are prepaid**

3x per week \$840/month  
2x per week \$560/month  
1x per week \$300/month  
1 session only \$80

please call Active Image for nutrition/ fitness combo. packages  
*make cheques payable to Active Image, all packages are subject to G.S.T.*

#### Cancellation policy

There will be no charge on sessions that are cancelled with more than 24 hours notice. Any session cancelled with less than 24 hours will be charged full fee, unless the session can be rescheduled on another day and time convenient for both the trainer and the client, during that same week.

As Your Trainer, YOU can expect me to:

- ✓ Design the most effective program for you based on your individual needs and goals.
- ✓ Devote my time, energy and expertise to you exclusively during the time we spend together during our scheduled appointments.
- ✓ Help you define your wellness goals and work with you to help you achieve them.
- ✓ Remain committed to your success. You can expect me to challenge, encourage, educate, and offer you a different perspective and guarantee your confidentiality in the powerful and collaborative relationship.

As my client, I expect that you will:

- ✓ Commit at least 12 week of training in order to see any significant and lasting improvements in your health.
- ✓ Be motivated and remain committed to taking action towards your goals. Anything less than your full participation will not lead to your success.
- ✓ Keep cancellations to a minimum to promote a consistent flow in your program and to maximise your results.
- ✓ Accept full responsibility for yourself and any actions that you commit to.
- ✓ Complete a Health History Questionnaire, Par-Q, and waiver and undergo a fitness assessment prior to commencing your program. In some cases a medial release from your physician may be required.

***Congratulations again on your commitment to be your best !!!***