

PERSONAL TRAINER: VANESSA WENTZEL

PROCESS OVERVIEW:

DEFINE your general and specific goals,

ASSESS your current Physical Activity Readiness and then

PRESCRIBE an exercise regimen that will assist in achieving those goals.

Whilst supervising your training, I will SHARE my knowledge with you, so that you can find your own independence in health and exercise.

Invitation:

While mine is one of many paths that could be taken to reach a desired outcome, I welcome your QUESTIONS and CHALLENGES to anything I prescribe and in the event that I cannot provide a response at the time, I will most certainly conduct research into finding the correct answers from reputable sources.

THE IMPORTANCE OF THOROUGH ASSESSMENTS:

- 1) to assess present levels of fitness relating to age and gender
- 2) to help in the design and planning of your programme
- 3) to identify areas of "weakness" or injury and health risk
- 4) to establish clear goals and objectives
- 5) to provide motivation
- 6) to evaluate and measure progress and improvement
- 7) to identify talent

YOUR FIRST SCREENING/ASSESSMENT:

It is preferable for your first assessment to be early in the morning.

On the day of your assessment, please weigh yourself FIRST THING in the morning before drinking or eating

Please do not drink any energy drinks, or drinks with caffeine on the day you come for your assessment. Please also avoid sugar and sugary cold drinks. If a morning appointment is impossible, then please avoid all of the above mentioned substances for at least 5 hours before the time. **Alcohol consumed the day before will also have an effect on the outcome of the assessment, so please don't drink the day before. If you do, it would be best to reschedule entirely. At least 24 hours notice would be preferable.**

WHAT TO BRING TO YOUR SCREENING/ASSESSMENT:

The following contact information (should already be completed on your form):

Emergency contact info

General Practitioner info

Medical specialist's (if applicable) info

Please bring your diary so that we can schedule sessions

We will discuss general improvements you can make to your daily nutritional choices, however, if you would like help in applying those to your specific preferences, then **please write down (and bring with you)** an honest list for the foods you would choose for yourself when eating in what you consider to be a reasonable manner. We are talking lifestyle here, not dieting. I am not qualified as a nutritionist and therefore cannot prescribe an eating plan for you - I can however highlight areas that could be improved or choices that could be saved for 'treat days'.

We will be talking, measuring (girth and callipre) and then, time allowing, doing a small easy fitness test. Please wear appropriate clothing. During part of the private assessment, I will need access to your upper arm, upper back, upper thigh and stomach area, also we can take 'before' and 'after' photos - as such a costume / bikini would be ideal. If you are comfortable wearing your underwear that will be fine - just remember that these will be part of your 'before' and 'after' look that you might want to show your friends!!!!

NB NB NB: Callipre Measurements are NOT compulsory and neither are the photos!!!

WHAT TO EXPECT FOR SCREENING / ASSESSMENT:

STAGE 1: ADMIN / DISCUSSION (+/-30mins) (We will quickly review the forms the completed forms you brought

Everyone has varied ideas and needs in terms of what they expect from their personal trainer. I'd love to hear yours before I say anything at all!! :)

Please note: All details of your PRIVATE file remain confidential.

1) Indemnity / Cancellation policy / Trainer's guarantee - already completed

2) General Notes

I take down any comments, notes, personal goals you'd like to make mention before we begin so that you don't forget them while we are busy. **I will also take your blood pressure at this stage - while we are nice and relaxed.**

3) Personal details already completed

4) PARQ (Physical Activity Readiness Questionnaire) - already completed

We cover your Medical history, Activity history and goals, Nutritional habits. You will know through this questionnaire whether medical clearance will be required.

5) Letter to Doctor - already done and brought with you

ONLY if necessary, for medical clearance before we begin with physical exercise.

6) Nutritional guideline

Brief discussion and review of your eating plan if you bring one.

STAGE 2: MEASUREMENTS / PHOTOS (+/-30mins)

1) You change into your costume / full bra and panties / boxer shorts / short lycra pants

2) I will weigh you with my scale

Tell me your what your weight was that morning as well please

3) I will measure your height

4) I will take photos

Front, Side, Back

5) I will take your girth measurements

Upper arms, Chest, Waist, Hips, Thigh, Calf

6) I will take skin fold measurements - NOT ALWAYS

This is not always necessary in early stages of training and is completely optional.

7) You change into exercise clothes (leave shoes off)

STAGE 3: BIOMECHANICAL ASSESSMENT (+/-30mins)

NB NB NB: This is NOT a "Pass" or "Fail" process!!!! This ONLY helps establish which areas of your body require particular attention and to what end.

1) Short dynamic stretch / warm up

You will have cooled down a little after your ride - we just need to limber you up a little.

2) Biomechanical testing

I will check 9 different 'zones' of your body for balance between your strength, flexibility and endurance. This will highlight areas where injury likelihood is so that we can take steps to prevent that.

END OF ASSESSMENT

I will send your results to you within 48 hours.

Results of measurements - BMI, Body Fat %, WHR

Results of biomechanical assessment