

PERSONAL TRAINING DESCRIPTIONS

PERSONAL TRAINING SESSION (1-ON-1)

The 1-on-1 sessions are 30 minutes in duration. This session allows individuals to receive instruction from one of the Degreed and Certified Fitness Specialists on staff. These sessions are normally purchased in month to yearlong quantities for use as long-term training and are the most frequently purchased session option available. For long-term training, a monthly EFT withdrawal program is available to split up the payments to help make them more affordable.

PERSONAL FITNESS ASSESSMENT (PFA)

The PFA is used to quantify an individual's current level of fitness. The results of this assessment are compared to the normative data of individuals of similar age and gender. There are six components related to physical fitness that are assessed during the PFA:

- 1) Cardiovascular Fitness
- 2) Body Composition
- 3) Muscular Endurance
- 4) Muscular Strength
- 5) Flexibility
- 6) Biomechanics

COMPREHENSIVE EXERCISE PRESCRIPTION (CEP)

The CEP is designed in conjunction with the results of the PFA and the current goals and interests of the individual. This may include some or all of the following areas: resistance training, cardiovascular training, and flexibility training. (*This is not generally purchased alone*)

NUTRITION ANALYSIS

The Nutrition Analysis is used to assess the individual's current diet in terms of caloric content, macronutrient composition, meal frequency and timing, and other components if deemed necessary. The results are discussed and general recommendations are made to aid in the individual's diet modification. This session is conducted by a degreed and certified Fitness Specialist.

BODY COMPOSITION

Body Composition is assessed to determine the individual's current body fat and lean mass measurements. The individual's body composition is assessed using the skinfold method and/or the Bioelectrical Impedance (BIA) method.