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## **What to expect from your personal trainer when undertaking a Health and Fitness Appraisal**

Please find below a step-by-step procedure to help understand what to expect from your personal trainer when agreeing to a Health and Fitness Appraisal

Schedule an Appointment with your selected personal trainer for a Health and Fitness Appraisal

Fill out and sign a PAR-Q, Physical Activity Readiness Questionnaire, this is used to determine your readiness for physical activity, you should sign this prior to any form of exercise.

Health/Medical/Lifestyle Questionnaire, this is used to review your past/present personal and family health history. Obtain information on your living, eating habits plus activity levels. Discuss your personal goals; these are essential to get the most out of any exercise regime.

Establish an agreement to include: The service being offered, the parties involved, cancellation policy, costs/payment process and time line.

Before any physical exercise all good trainers will read through an informed consent, a safeguard for both parties to help understand the benefits, risks and purpose of the tests to be performed.

Static and Dynamic Fitness tests, this is where you do the work! Fitness tests vary per trainer and based on your requirements: However expect base level tests: Blood Pressure, Resting Heart Rate, Lung Function, body fat levels, muscular strength and endurance tests.

Review and evaluate all information gathered

Lifestyle Programme begins, change for life.

Re-evaluate the above approximately 8-12 weeks