



NIFS Personal Fitness Quest: The Alternative to Personal Training in Corporate Fitness

Our staff was looking for a way to connect with members that enabled them to provide individual-level services without requiring the members to ante up for fee-based personal training. Out of that search, NIFS Personal Fitness Quest was born.

This isn't a program for the masses; rather, it's *personal*. Each member that signs up for this program has dedicated access to their staff member for the duration of their Personal Fitness Quest (typically eight weeks). This includes weekly personal training appointments, weekly goal review, exercise education and instruction, weekly weigh-ins, and basic nutrition advice. Each weekly appointment is planned with the goal of keeping the member engaged in their progress and committed to their goals. That's the beauty of the *personal* aspect of this program.

Our staff makes a significant commitment to each member they support through a Personal Fitness Quest. We ask the participants to demonstrate up-front dedication as well by signing a commitment contract before starting the program. Here is an example of that contract:

Commitment Contract

I, _____, agree to meet the following requirements in order to participate in Personal Fitness Quest:

- Schedule 8 appointments.
- Week 1 Pre-Fitness Assessment lasting one hour.
- Weeks 2–7 Personal Training—appointment length varies based on goals.
- Week 8 Post-Fitness Assessment lasting one hour. Pretest and post-test results will be compared.
- Complete all appointments within 9 weeks of my first Fitness Assessment.
- Exercise a minimum of 2 times in the Wellness Center in addition to my weekly appointment with the staff.
- Promise to keep a positive, patient attitude and realize that I am creating a lifetime habit versus a quick fix.

I have read and understand that my commitment to Personal Fitness Quest will provide a foundation for attaining my goals. I also understand that failing to comply with this commitment may lead to a discontinuation of my Personal Fitness Quest.

Typically, because of the time commitment required by our staff to work with members through this program, we limit the number of members who can participate at any given time and we keep a running waiting list. Personal Fitness Quest is not the solution for the masses, but it is a great option worth considering if you're looking for a program that's geared toward really changing a member's lifestyle, the way she exercises, her food choices, and her motivation for change.

The success rate for this program has been extremely encouraging as well! Ninety-three percent of Personal Fitness Quest participants were able to achieve weight loss and body fat reduction during their quests. Participants have provided feedback on the service indicating that their confidence has improved and that they've learned how to choose better foods and control their portions.

After years of providing the service, our staff agrees that the Personal Fitness Quest is time well spent. And the members who have engaged in the service, many of whom are repeat participants, are appreciative of the lasting healthful changes our staff have helped them achieve.

To find out more about bringing NIFS staff onsite to manage your fitness center, visit our website wellness.nifs.org or contact Bethany Garrity at 317-274-3432 or by email.

Like us on Facebook and find us on Twitter! Follow @NIFSFitnessMgmt

