

# WHAT TO EXPECT DURING YOUR FIRST MEETING

## The interview & fitness assessment

- Instead of your first training session jumping head first into an all-out exercise session, you should expect a 15-20 minute conversation about yourself and what you are looking to accomplish.
- Your trainer should ask questions regarding your physical activity readiness, past/current injuries, or limitations and provide a goal-setting strategy.
- The trainer may also get body measurements such as body weight, body fat and circumference measurements so you can compare at a later date. While it may be a bit uncomfortable, you won't know how far you have come until you know where you started.
- An experienced trainer always does a fitness assessment prior to developing a program for a client. Fitness assessments should include some sort of structural assessment (postural analysis) and a strength test.



# After a few sessions

- Expect to be a bit sore after your first few sessions, but not so sore that you cannot move. Extreme soreness is not fun, nor is it necessary.
- After the initial session, your workout will be based on your skill level, goals, needs and available workout time. Most personal training workouts are 55-60 minutes but some can be as short as 30-minute sessions.
- Whether your session is 30 minutes or an hour, don't underestimate the importance of staying on track during the other 23 hours of the day. Smart food choices, plenty of water and incorporating accidental exercise such as taking the stairs or a quick lunch time stroll, supports what you are trying to accomplish by working with a trainer.
- Nutrition is a crucial part of success for weight management and athletic performance. If your trainer does not speak directly to this point with realistic views of what is appropriate for you, they should in the least direct you to another trusted professional.

## Components of a successful fitness program

- Avoid programs that promise or promote rapid weight loss. Look for a program that has had long-term success, has a good amount of positive reviews, and balances both fitness and nutrition.
- Look for a program that focuses on personal development, education, and the improvement of habits (how you think, how you eat, and how you move).
- Your fitness program should be fun and functional. The program should contain safe and energizing sessions built around strength training, improving cardiovascular endurance, and maximizing calorie burning.
- The nutrition aspect of your program should be built around "habit disruption" and creating new habits for success. It should include new recipes and ideas for inclusion of foods instead of being built around restriction.

## A Final Note

You are not stuck with your trainer. If you are dissatisfied with your experience, talk to your trainer and tell them what you want! Ideally, your trainer will either modify their behavior to suit your needs or recommend a different trainer to you. Own your fitness journey by being open and communicative with your trainer to ensure that your program fits you.



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