

# Welcome to Campus Recreation Personal Training!



**Getting Started:** *The information included in this packet is everything you need to get started with the program. First, complete the attached forms and return them to the Welcome Desk at the Student Fitness Center. You will be contacted within five business days to match you with a trainer. If you have any questions, please contact Krista Gooris by phone at 309-438-3704 or by email at kgooris@ilstu.edu. Sessions are non-refundable.*

## Training Package Options:

*(Please circle one)*

### Individual Training Packages

---

60 minute sessions

*Individual training allows you to work one-on-one with a trainer! Your trainer will create an effective, safe, and innovative workout designed to achieve your health and fitness goals!*

- **1 Session:** \$20
- **4 Sessions:** \$75
- **8 Sessions:** \$150
- **12 Sessions:** \$220

### Partner Training Packages (2 Participants)

---

60 minute sessions

*Partner Training is a great opportunity for two participants to work out together and still get the personal attention of a trainer, all at a reduced price! For maximum effectiveness, we strongly recommend that partners have similar fitness goals and be of similar fitness levels. Participants must register and train together. Prices below are the per person cost.*

- **1 Session:** \$10
- **4 Sessions:** \$35
- **8 Sessions:** \$70
- **12 Sessions:** \$100

### Small Group Training Packages (3-8 Participants)

---

60 minute sessions

*Small Group Training is an affordable way to enjoy a personalized training program for groups of 3-8 participants. During Small Group Training, your trainer will create custom training programs for groups interested in a similar goal (such as improved body composition, 5K running or marathon running preparation, or simply increased overall fitness within your group. Prices below are the per person cost. Small Groups will run once/week for the chosen timeframe.*

- **4 Weeks:** \$20
- **8 Weeks:** \$35
- **12 Weeks:** \$50

### Program Rules

*Personal Training sessions are non-refundable, non-transferable and expire 1 year from the date of purchase. Participants are asked to cancel at least 12 hours in advance of the scheduled training session. Failure to contact your trainer will result in forfeiture of a session. Trainers will wait only 15 minutes for participants. After 15 minutes, participants will lose a session. Sessions that begin late will end one hour from the original start time.*

Please complete all the information below to the best of your ability.

Name: \_\_\_\_\_

Date of Birth (mm/dd/yy): \_\_\_\_\_ UID#: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Emergency Contact (name): \_\_\_\_\_ Emergency Contact Phone #: \_\_\_\_\_

ISU Affiliation:  Faculty/Staff       Student       Annuitant       Alumni

Please indicate the days and times you would like to meet with your personal trainer:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

I would like to start as soon as, (mm/dd/yyyy) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

I would like to train \_\_\_\_\_ times per week.

Why are you interested in participating in a personal training program?

Which of the following exercise benefits are most important to you? (Rate the following exercise benefits, with a 10 being "Extremely important" and 1 being "Not at all important.")

	1	2	3	4	5	6	7	8	9	10
Improve cardio vascular fitness										
Improve muscular endurance										
Body fat-weight loss										
Increase muscular strength										
Reshape body (muscle toning)										
Improve performance for a sport										
Improve mood or cope with stress										
Improve flexibility										
Increase energy level										
Feel better										
Enjoyment										

Please share any additional information that would be helpful to help your trainer meet your needs.

## PAR-Q and YOU

(A questionnaire for people aged 15-69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15-69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

**Yes No**

1.   Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2.   Do you feel pain in your chest when you do physical activity?
3.   In the past month, have you had chest pain when you were not doing physical activity?
4.   Do you lose your balance because of dizziness or do you ever lose consciousness?
5.   Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6.   Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7.   Do you know of any other reason why you should not do physical activity?

### ***If you answered YES to one or more questions:***

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness assessment. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want-as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful to you.

### ***If you answered NO to all questions:***

You can be reasonably sure that you can:

- Start becoming much more physically active-begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness assessment. This is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

Delay becoming more active if:

- You are not feeling well because of a temporary illness such as a cold or a fever-wait until you feel better.
- You are or may be pregnant-talk to your doctor before you start exercising.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Witness \_\_\_\_\_

(for participants under the age of 18)

*Thank you! A Fitness Program representative will be in contact within 5 business days.*