

Personalized Consultations & Fitness Assessments



Fitness Solutions @ Home

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1/2 day of Consultations & Assessments - \$ 355

(includes sessions for approx. 5 people – valued at \$99 ea.)

Every **Personalized Consultation & Fitness Assessment** is carried out by a certified **Home Health Canada Fitness Expert**. During the Consultation and Assessment, HHC's Fitness Expert will establish your starting point by determining your current knowledge and level of fitness, and will then customize a balanced fitness, nutrition & lifestyle plan, designed to help you to establish your goals and achieve results!

Personalized Consultations Include:

Goal Setting ~ Using our customized Health & Fitness Questionnaire, your Fitness Expert will help you to set and establish realistic short- and long- term goals, to ensure you achieve results within a specific time frame.

Customized Fitness, Nutrition & Lifestyle Plan ~ Once determining your individual needs, your Fitness Expert will develop a weekly schedule and plan that surrounds your unique goals and current lifestyle. Planning is the key to success!

Cardio Regime Review ~ Your Fitness Expert will help you properly integrate cardiovascular training into your fitness program. They will determine the methods and techniques best suited to your goals, and will establish your personal target heart rate zones to maximize results.

Fitness Assessment ~ To find your unique starting point, your Fitness Expert may assess: blood pressure and resting heart rate, body composition analysis (measurement of body fat vs. lean muscle mass), body circumferences or BMI (body mass index~ weight & height)

Training Journal ~ Logging your daily training and nutritional habits will help you to measure your progress along the way and hold you accountable to your routine. Your Fitness Expert will be able to analyze your journal in follow-up assessments and make adjustments as necessary.

Because your body adapts to any stimulus it's given, **Follow-up Assessments** are recommended every 6-8 weeks and include an analysis of your progress to date, revisions to your customized fitness, nutrition and lifestyle plan and a re-assessment of your previous measurements taken. Follow-up assessments are key to benchmarking your success along the way and provide you with the ongoing support, coaching and motivation you need to reach your goals and keep you on the right track!