

The Journey

You're about to embark on a life-changing journey into fitness. It's an exciting time and you're in for an adventure. As with all trips, however, there is a certain amount of preparation.

Workout

During each session you are going to have to exert yourself. You've chosen to use a personal trainer to help push yourself to your limits. It's a wise choice but remember that a personal trainer is not a mind reader. A big part of fitness is learning how to listen to your body.

At **Fit 4 All** I will encourage you to go that one step further, last that one minute longer or lift that one kilo more only if I think you can handle it. My intention here is not to bully you into doing something you are not capable of. If you think we're moving beyond your capabilities it is your responsibility to speak up.

Results

Having a personal trainer is like having a tour guide for fitness. I'll be there to point you in the right direction, tell you what to look for and make sure you're getting the most out of your time spent with me, but it's up to you to make sure you get the most out of your time spent away from me.

The time we train together is a great start and we'll discuss the best ways to keep your momentum during the rest of the week. If you're ever having problems keeping up with what we've set out, we can look at alternatives. Don't put off telling me until your next session. Remember: I'm only a call or an email away.

Goals

A goal is something we work towards. It's important to remember the differences between goals and results. You may see results every week, but the goal is what keeps you moving forward. Have a major goal but also have a goal for each week. You know that if you achieve your goals every week you will reach your ultimate goal.

Success vs Failure

Failure to reach your goals does not mean that you throw in the towel. All it means is that we need to reassess the situation and, when doing so, be honest with yourself. A large part of fitness training is finding out what works for you. Don't chastise yourself for not achieving the results you were looking for. Spend that energy training harder and smarter.

Suitcase

So, after all that, what do you really need to pack?

- Sneakers / Runners are essential.
- Sports clothing like tracksuits, light and loose shorts and t-shirts are excellent. Remember that you will be doing a lot of movement and you will be sweating a lot. Comfort is important.
- Bring a towel and a water bottle to every session.
- Weight lifting gloves are great for making sure you lift weights effectively and hygienically.

David Milla

(VICFIT qualified)

70 Dickens St
Elwood, 3184

fitforall@
optusnet.com.au

0421 498 649

ABN: 33 073 145 176

Personal, Group, Team, & Corporate Training

Times & Prices

Are you just training by yourself?

- Sessions for an individual can be 45 or 60 minutes long, depending on the program we work out;
- The initial consultation is \$70 and will take about 75 minutes;
- 45 minute sessions are \$44 (or \$200 for a block of 5);
- 60 minute sessions are \$55 (or \$250 for a block of 5);
- and offsite training, within a 5km radius is \$75 per session (or \$350 for a block of 5).

... or did you want to bring along a friend or three?

- Group sessions for two or three people are 65 minutes long;
- The initial 90 minute consultation is \$90 (\$45 per person – a maximum of 2 people at a time);
- Two people pay \$33 each (or \$150 for a block of 5);
- Three people pay \$30 each (or \$135 for a block of 5);
- Four people pay \$25 each (or \$110 for a block of 5).

All sessions need to be paid for upfront. Sessions booked as a block must be paid for as a block.

Remember that you'll get one free session for every time you introduce a friend

Are we there yet?

Just about. You need to be aware that, initially, exercise may make you feel queasy, dizzy or faint. Here are some ways to avoid that:

1. Eat a meal rich in carbohydrates (pasta, rice, grains, bread) at least 2 hours before training;
2. Avoid most dairy based foods for at least 1 hour before you train (eg: milk, cheese, etc.);
3. Drink plenty of water during and after training. A juice and/or Gatorade may also help during and post training sessions. You should be drinking about 2L of water a day.

You should also know that we use heart rate monitors while training. They may be a little uncomfortable but you'll get used to them, learn how to use them and probably end up wanting one of your own. Heart rate monitors are one of the most useful devices you can have for training and improving your fitness.

How to find us

Situated at 70 Dickens Street, the entry to the fitness studio is at the rear, through the laneway off Baker Street.

Make your way about 50 metres down the laneway. There is a **Fit 4 All** sign on the door and the light will be on if it is dark.

Just knock on the door and it will be opened for you.

Also, don't forget to ask us about our Monday morning Squad sessions.



Feel good and have fun

Ultimately you've come to **Fit 4 All** to feel good about yourself. Stress is a major barrier to achieving results, so just relax and enjoy the trip.

David Milla
(VICFIT qualified)
70 Dickens St
Elwood, 3184
fitforall@
optusnet.com.au
0421 498 649
ABN: 33 073 145 176