

## **Welcome to the Team!**

This service was created with the single-minded vision of educating and empowering people like yourself.

Before you enter into this relationship, I would like you to drop any preconceived notions about fitness, so that you can see everything with a fresh set of eyes. A critical component of this process will be unlearning the bad habits you have developed during your lifetime, in order to return to a natural state of movement and thought. Like a car in need of a tune up, think of this as returning your body and mind to their optimal settings. Think of this process as creating a magnificent sculpture from clay. You will be bringing into focus a part of you that already exists but cannot be seen yet. As the excess clay falls away, what is left is a masterpiece. The only limits are your imagination and your level of determination.

As you begin this new adventure, we want you to concentrate deeply on your workouts. As you perform your exercises, let go of the day's stressors, and focus on completing the task at hand. We want you to become more aware of both your body and your mind, and how they feel as you eat, as you train, and as you apply the principles of this program.

*Where your focus goes, your energy will flow*

As you progress, we will add relevant literature to your personalized binder. Think of these as the rules of engagement for this healthy new way of life. This is a concise collection of the most essential principles regarding exercise, nutrition, and correct mindset. It represents the predominant themes of an enormous aggregate body of knowledge. Reading and re-reading these notes while following your plan will create full immersion in the program, and will accelerate your progress. Although results have to be earned, we can assure you that if you work hard at this plan, the results will be incredible.

*Right training*

*Right eating*

*Right thinking*

*With consistency these will bring uncommon results*

The primary goal of this program is to allow your coaches to pass on their knowledge, as they facilitate your transition into a healthier lifestyle. By the end of our time together, not only will you achieve your desired result, but you will have all of the tools required to continue to an even higher level. Please use us as the resources we are. Questions and emails are always welcome.

Once again, welcome to the team. You are now a member of an elite squad, and we will do everything we can to help you realize your goals.

Yours in strength,

Dr. Bryan DiFrancesco

Jeff Tinson, Certified Strength and Conditioning Specialist

Ashley Harrison, Certified Personal Trainer

**Some housekeeping notes:**

- Please arrive hydrated and ready to exercise at least 10 minutes before your start time. You can arrive sooner if you would like to perform independent cardiovascular exercise.
- You may change on site in one of the two 2<sup>nd</sup> floor bathrooms. Hangers are available in the adjacent closet. Lockers are also provided. Please request a key at reception.
- Both workout and shower towels are provided. Please request at reception and discard in the 2<sup>nd</sup> floor closet.
- Please remember to clean your equipment after use with the paper towels and cleaning solution located in each gym.
- If you feel faint, short of breath, dizzy, or lightheaded, please stop what you are doing and inform a staff member.
- If you must miss an appointment, 24 hours notice is required. We will attempt to reschedule you as close as possible to the missed day so as to keep your body on schedule. Charges will occur for all non-emergency no shows or late cancellations. We take your success very seriously and expect that you do as well.