

Course Outline

Appointment 1: Initial Assessment

You will meet with your physiotherapist at Active Body Clinic. Together you will discuss your fitness goals, your current lifestyle habits, and a strategy for success. We will obtain your baseline measurements of weight, body fat percentage, and muscle mass. We will also measure the circumference of your hips, waist, and chest so that we can track your progress toward a more healthy body. You will also have a little bit of homework! We will ask you to think of a mission statement, to help you imagine the version of yourself that you would like to become during your time in this program. You will also be given a diet log sheet to complete for next appointment. And finally, you will be provided with your program binder, which will serve as an extremely valuable resource and organized guide to a healthier lifestyle.

Appointment 2: Introduction to F.I.T. Philosophy and Functional Exercise

Be ready to work out! Your coach will introduce you to the guiding principles of conditioning and nutrition, as well as the overall philosophy of the *Fully Integrated Training* (FIT) approach. You will learn the essential bodyweight conditioning moves, and you will be provided an interim exercise plan as the first component of your home-based training program. You will discuss with your coach your primary motivation for entering the program. Please have the initial intake filled in for this discussion, in order to assist us in customizing your program to suit your goals. The introductory workout for today will ease you into the FIT conditioning program, and will allow you to spend some one-on-one time with your new coach.

Appointment 3: Introduction to Resistance

During this appointment, you will review the movements you learned in the previous session, and you will be introduced to weight training on our *Hoist* state-of-the-art multi gym. You will discuss the importance of weight bearing exercise in reaching your goals, and how to properly execute the basic movements. You will learn how to properly recruit the working muscles, so that you will get the most out of your resistance work. Keep an open mind, and these training sessions with your experienced coaches will open your eyes to a new world of fun and results accessible through weight training.

Appointment 4: Completing the Home-Based Fitness Plan

Your coach will teach you additional movements, which will complete the home-based training program. You will perform full sets of the introductory workouts, and gain an understanding of how to progress these workouts as your fitness level improves. Your coach can begin to individualize your program based on your outside activities, to help you excel at your favorite sport or athletic pursuit. This sort of ongoing, comprehensive planning is what makes our coaches stand out from the crowd, so do not hesitate to ask for advice in all manners of exercise, sport, or training.

Appointments 5 and 6: Nutrition Coaching

The absolute key to feeling great, having loads of energy, and developing a physique that reflects all of your hard work is adopting a sound nutrition strategy that supports your goals. There are few guarantees in life. However, one thing is certain; you will never realize your potential without eating in a way that supports the goals you have set for yourself. We have yet to see an exception to this rule. These sessions focus on transferring the essential information that will guide you to a lifetime of certainty in making healthy food choices, in a way that easy to understand. Once you grasp the fundamentals, we will help you in designing a customized nutrition plan that is flexible, and works with your lifestyle, no matter how busy you are. Get interested, ask questions, and soon you will have complete confidence in making your own healthy meals and snacks.

Where Do We Go from Here?

With the fundamentals covered and the program on track, there is only one thing to do. Work it! As with any new skill or challenge, discipline and commitment are needed as your boosters to break the fitness atmosphere. You now have a team of top professionals dedicated to your success, as well as a team of other *FIT Squad* members to help bring out the best in you. Once per month, you will follow up with your Physiotherapist for new measurements of body weight, body fat percentage, muscle mass, and circumference at the hips, waist, and chest. Your program will be re-evaluated at these times, and as a team we will troubleshoot to make sure you are moving toward your goals. We look forward to helping you along the way!