

What you need to know and do before you start training with Harris Physical Fitness?

Before meeting with your trainer, you will complete the personal training health and fitness questionnaire and release of liability forms located at www.harrisphysicalfitness.com/forms. These forms should be delivered to your trainer before your initial consultation and assessment for an efficient meeting. A physician's release form may be required to proceed based upon your trainer's request.

Your initial consultation will include the review of your health and fitness questionnaire, examining your current diet, and a body fat test along with measurements. You will need to bring a pair of shorts to wear for measurements (and possible skin fold caliper testing). Your payment for the personal training package of choice is due at the end of your initial consultation.

If you choose to personal train, you will be encouraged to purchase a workout journal, heart rate monitor (HRM), and start an account with **MYFITNESSPAL**.

The recommended workout journal is **BodyMinder 'Workout & Exercise Journal': A Fitness Diary**. The cost for the journal is approximately \$15. Amazon offers the journal for a bit cheaper. Although, you are encouraged to order journal, feel free to purchase any manual or notebook that appeases you. I highly recommend the journal listed; however, a small and functional paper pad will suffice.

Here's a link to order online.

http://www.amazon.com/gp/product/0963796844/ref=oh_details_o00_s00_i00?ie=UTF8&psc=1

We encourage all clients to purchase a heart rate monitor (HRM) for efficient workout sessions. Amazon.com typically has the least expensive prices for HRM. FitBit, Smart Watches, etc. are very adequate. We simply want you to be aware of your effort and intensity, while exercising. HRMs are good indicators.

My Fitness Pal is an **online or smartphone app** food journal. This online journal allows me the ability to log in to your account from my phone to check your diet. Also, it's one of the best online food journaling systems available. Plus -- it's free. Here's the link: <http://www.myfitnesspal.com/>. Please create an account, and then send me your login and password.

If you plan to purchase the watch and journal at Amazon.com, please do so immediately. These two items are vital for productive and effective workout sessions.

Please direct all your questions to dashawn.harris@att.net or dara.harris@yahoo.com.

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PHYSICAL FITNESS