

TRAINER: Jon Richardson

Fitness Centre Training (Fitness First, Dee Why) / Outdoor Training			
Initial ASSESSMENT SESSIONS (x 5 sessions) (includes book 'How To Eat Move and Be Healthy' and time to assess questionnaires and write program)		\$500	
Follow up Session Types	BRONZE (1 x session)	SILVER (4 x sessions)	GOLD (8 x sessions)
60min 1 ON 1 TRAINING	\$80	\$300 / \$75 per session	\$600 / \$75 per session
30min 1 ON 1 TRAINING	\$45	\$160 / \$40 per session	\$320 / \$40 per session
60min BUDDY (2 people)	\$95	\$360 / \$90 per session	\$720 / \$90 per session
<p>NOTE: (current as of July 28th, 2008)</p> <ul style="list-style-type: none"> - 5 x 60 minute ASSESSMENT SESSIONS are required before you can regularly physically train with trainer. Solo, buddy or group. Read the next page for assessment sessions information. - You are only allowed to do 30 minute sessions once you have completed the assessment sessions. - Payment is accepted via internet banking, cash or cheque. - GST included in price - WET WEATHER: Training outside is obviously dependent on weather. There is always somewhere to go for cover but if weather is really terrible and you don't live nearby with space in your house to be able to train, then you have the right to call off the session and pay only for the time you train. 			

ASSESSMENT SESSIONS

1/ GOALS / HOLISTIC HEALTH / BASIC MOVEMENT ASSESSMENT (60min)

This session covers a mixture of the following:

- Discussion of a simple lifestyle and goals questionnaire you will have completed. Goal setting; what time period to expect changes to your body, exercise history etc
- Posture, areas of present and past pain
- Learning about 'Holistic Health'. Why exercise and nutrition are not the be-all, end-all that need to be considered when it comes to losing fat, gaining muscle and reducing pain. Introduction to 7 Steps to Survival (Thoughts, Breathing, Hydration, Nutrition, Movement, Sleep / Rest, Stress).
- Assessment of basic movement patterns such as squats, lunges, pushing, pulling, twisting and bending.
- Pre- measurement session postural photos to make you aware of your current posture. Introduction to foam roller.

2/ NUTRITION AND LIFESTYLE SESSION

This session covers a mixture of the following:

- Comprehensive look at your nutrition and lifestyle factors affecting your health using 2 questionnaires.
- Questionnaire 1: Metabolic Typing. Finding the right diet that works for your biochemical individuality.
- Questionnaire 2: Nutrition and Lifestyle
- Prescription given with recommendations such as what to eat, drink, use, read, learn and live by. All of this information is conveniently located in one location on www.holistictrainer.net/jonrichardson you will be prescribed the information as it relates to you.
- Education on positive and negative stress
- Discussion of your current food intake
- Education on what carbohydrates, protein and fat are and how they affect your body.
- Educating on glycemic index, portion control, when and what to eat, parasites and fungus, sleep cycles and much more.
- Depending on how you score on the Nutrition and Lifestyle questionnaire, a second session may be required to continue explaining your answers

3/ MEASUREMENTS / JOINT RANGE OF MOTION TESTING (60min)

This session covers a mixture of the following:

- Girth measurements, blood pressure, resting heart rate, height, weight, spinal curve measurements etc.
- Explanation as to why poor posture slows down the speed at which you attain your results, and why your posture requires a personalised stretching program to compliment your strength training and cardio program.
- You will then be taken through a series of overall body stretches to decipher which muscles are tight and which muscles are loose. Stretching is a very important compliment to your training.
- Note: Wear clothes that you can easily be measured in. If comfortable guys shirt off, Ladies sports bra.

4/ PERSONALISED STRETCH PROGRAM AND CORE STRENGTH ASSESSMENT (60min)

This session covers a mixture of the following:

- Instruction of personalised stretch program based on your range of motion assessments done in measurement session.
- Techniques to get more out of your stretching routine.
- Assessment of core strengths and weaknesses to help with developing your personalised program.
- Consider these stretches and core based movements to be your maintenance exercises over the months to come.

5/ PROGRAM EXECUTION (60min)

This session covers a mixture of the following:

- Instruction of personal exercise program.
- Using information from the past 4 sessions that has been gathered, you will have a program incorporating stretching, strength training, core training.
- For clients who will now continue training with Jon, you will follow this program (average 6-8 weeks) until you are re-assessed / re-measured. You can do these exercises on your own in between our sessions as well.
- For clients who wish to train solo, we recommend to follow the program as set out, and return to your Triple S trainer periodically (1 month), for a re-assessment and program upgrade (usually 2 sessions required: sessions 2 and 3 repeated).

If you are interested in training Contact Jon (jonrichardson81@gmail.com) 0404154485