



“SMART FITNESS AND NUTRITIONAL SOLUTIONS THAT WORK “



## Welcome To Our Personal Training Studio Family!

**Fitness Forever**, formerly Results Now Private Training, has been in operation since 1993 and is dedicated to one primary goal: to provide clients with excellence in personal training, Pilates reformer, partner/buddy training exercise programs, Power Plate training, nutritional education and social interaction in a health-filled environment. My passion is to improve the quality of life for all our clients and to coach them on How to Eat, Move and be Healthy. To build a business with a focus on quality with Integrity is my ultimate goal.

What to expect:

- **Quality**  
Fitness Forever offers the newest concept for training in the desert, with the most progressive training equipment and methodologies. I require myself and any trainer that works for me to maintain training certifications at the highest levels and standards.
- **Personal Attention**  
Each and every client session is tailored to give the client the personal attention that is needed to support the client's stated health-related goals and objectives. Clients are carefully monitored during each session to ensure that workouts are safe and effective.
- **Atmosphere**  
Not interested in working out in a fish bowl? Turned off by gyms that care more about getting bodies in the door than achieving results? Public gyms are not the answer! They are crowded, intimidating, and confusing, and most people are not getting the results they want on their own. FF offers clients a unique and private environment in which to train where results are the primary measure of our success.
- **Adventure**  
In addition to the fitness and nutritional services we provide, Fitness Forever also coordinates many social activities for its clients that revolve around fitness and adventure activities, such as mini boot camps, hikes up the bump and grind, annual rafting trips, rock climbing, water skiing, softball games, as well as hiking and backpacking outings.

What makes Fitness Forever's approach different? Our unique and private environment enables us to focus on individual clients in a way that many larger facilities cannot. ***No waiting for Equipment, No Crowds.*** Our one-on-one approach allows us to design integrated, challenging fitness programs which address the specific needs of you the client. As a facility that does not rely on selling monthly memberships, we are driven to provide excellent customer service and motivated to assist clients in achieving results. If there is anything I can do to enhance your experience, please feel free to contact me any time day or night on my cell phone 760 989 3136. And remember, ***it's never too late to be what you might have been!***

A Thought To Remember; the value of time, the success of perseverance, the pleasure of working, the dignity of simplicity, the worth of character, the power of kindness, the influence of example, the obligation of duty, the wisdom of economy, the virtue of patience, the improvement of talent, the joy of originating and the love of God

With Deep Respect and a Commitment to Sharing the most Powerful Resources Available

Ingo Loge, Owner OF Fitness Forever

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Home# \_\_\_\_\_ Work# \_\_\_\_\_

Occupation: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Physician's Number: \_\_\_\_\_

Emergency Contact / Relationship: \_\_\_\_\_ Phone/Fax Number: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

I am signing up for: (please circle all that apply)      Personal Training:      Pilates:      Group Training:

Nutritional Boot Camp / Lifestyle Coaching:      Urban Workout:      Other: (please specify): \_\_\_\_\_

Trainer's Name: \_\_\_\_\_

**Physical Readiness Questionnaire (PAR-Q)**

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

- |  |     |    |
|--|-----|----|
| 1. Has your doctor ever said that you have a heart condition and that you should <u>only</u> do physical activity recommended by a doctor? | YES | NO |
| 2. Do you feel pain in your chest when you do physical activity?   | YES | NO |
| 3. In the past month, have you had chest pain when you were not doing physical activity?   | YES | NO |
| 4. Do you lose your balance because of dizziness or do you ever lose consciousness?  | YES | NO |
| 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?                                     | YES | NO |
| 6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?  | YES | NO |
| 7. Do you know of any other reason why you should not do physical activity?  | YES | NO |

**If you answered YES to one or more questions**, talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES. You may be able to do any activity you want as long as you start slowly and build up gradually. Or you may need to restrict your activities to those that are safe for you. Talk to your doctor and follow his/her advice.

**If you answered NO honestly to all the PAR-Q questions**, you can be reasonably sure that you can start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.

**Please note:** If your health changes such that you could then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
Date

Signature of Parent, Witness or Guardian (for participants under the age of 18) \_\_\_\_\_  
Date

1. What motivated you to start now? Why is that so important to you in what way(s) do you think the trainer can help you the most?
  
2. What is your occupation? Does your job require prolonged sitting or driving, any repetitive movements (computer, reading, and writing)? Please explain your position along with the physical and mental responsibilities involved.
  
3. Do you have **ANY** injuries, aches, or pains (recent or old)? Do you suffer from pain in the shoulders, low back, knees, or hips? Are there any movements that seem to worsen the pain? Any recent surgeries? Please describe. Use back if there is not enough room
  
4. Are there any other health concerns (Pregnant, recent surgery, smoker, asthma, diabetes, high blood pressure, taking medications, etc.) that we need to know about? How many hours of sleep do you get a night? How would you rate your stress level (low, medium, or high)?
  
5. **What to wear and bring .Tennis shoes, comfortable clothing to work out in, water bottle and a towel. Please arrive 5 to 10 minutes...no children, we do not have child care.**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent, Witness or Guardian (for participants under the age of 18) \_\_\_\_\_ Date \_\_\_\_\_

1. I understand that the FITNESS FOREVER personal training program works on a scheduled appointment basis and thus, requires that I provide **24 hours notice when canceling an appointment.** No charge will be levied should I cancel with MORE than 24 hours notice given. Emergencies, which would be Life/Death is the exception. We deeply regret having to do this but we have lost too much money in cancellations and not being able to fill those time slots with new assessments or perhaps another training session. **I have read and understand this term: \_\_\_\_\_(initial)**