



Thank you for your interest in PISE Personal Training!

Included in this package you will find:

- Description of PISE Personal Training
- Pricing Information

What can PISE Personal Training Do for You?

Whether it is your first time in a Fitness Centre, or if you are training for elite level competition, our coaches have the expertise to help. The PISE Personal Training Difference:

- ✓ Expert Strength and Conditioning (S&C) Coaches with the highest level of certifications including: CSEP-CEP®, CSCS®, CSEP-CPT® and CATA®
- ✓ S&C Coaches with a variety of post-secondary degrees including Kinesiology and Athletic Therapy
- ✓ Physiological assessment and goal setting as part of your first session
- ✓ Video replay capacity; your S&C Coach can record your movement for immediate visual feedback
- ✓ Membership to access the Fitness Centre and towel service during your training program
- ✓ Our S&C Coaches can use our integrated Polar heart rate and calorie monitoring system to give the best training possible

In an effort to build the best training program for your needs, your Strength and Conditioning Coach will conduct a consultation and movement assessment as part of your first session, along with various baseline tests selected based on your program goals. This allows your trainer to assess your individual needs and track improvement over time. PISE will design a fitness program specifically tailored to you and your needs based on the information obtained from this assessment.

INSTRUCTIONS:

- Please read and complete each form accurately and completely
- When completed please email our Personal Training Coordinator Elysia Atkinson (eatkinson@pise.ca) or drop off at PISE reception desk
- Once package is received you will be contacted within 2 business days to set up your first appointment
- Purchase your Personal Training package prior to your initial assessment

Please note:

- Medical Clearance may be required



Personal Training Client Package

CANCELLATION POLICY:

- 24 hours' notice is requested for appointment cancellations. Due to the unprecedented times we will be waiving any late cancellation fees.
- To cancel an appointment, first attempt to contact the trainer directly. If you are unable to reach the Strength & Conditioning coach or if you leave a message, please also call our reception at 250-220-2510 and provide them with your appointment date, Strength & Conditioning coach's name and reason for cancellation.
- No refunds will be granted for Personal Training sessions unless for medical reasons. A medical note will need to be provided.

Please note: Our coaches do not work on statutory holidays.

If you have any questions please call 250-220-2510

PISE Personal Training Package Options

Package	Cost (Before taxes)	GST Amount	Total Cost (Including GST)	Price Per Session
Introductory Special ¹	\$ 260.00	\$ 13.00	\$ 273.00	\$ 65.00
Single session	\$ 75.00	\$ 3.75	\$ 78.75	\$ 75.00
4 sessions	\$ 294.00	\$ 14.70	\$ 308.70	\$ 73.50
8 sessions	\$ 554.00	\$ 27.70	\$ 581.70	\$ 69.00
12 sessions	\$ 806.00	\$ 40.30	\$ 846.30	\$ 67.00
16 sessions	\$ 1041.00	\$ 52.05	\$ 1,093.05	\$ 65.00
24 sessions	\$ 1,512.00	\$ 75.60	\$ 1,587.60	\$ 63.00
36 sessions ³	\$ 2,192.00	\$ 109.60	\$ 2,301.60	\$ 61.00
45 sessions ³	\$ 2599.00	\$ 129.95	\$ 2,728.95	\$ 58.00
Program Design ²	\$ 105.00	\$ 5.25	\$ 110.25	\$ 105.00

¹ Introductory Special is a one-time promotional rate for new clients only

² Program Design is for returning clients only and includes 30 min consult & 60 min delivery

³ Payment Plan available for 36 & 45 session packages



Personal Training Client Package

Athletic and Exercise Therapy Services

If you are currently experiencing any pain, recovering from an injury or have a musculoskeletal condition that affects your ability to exercise, we recommend our Athletic Therapy (AT) stream. We will connect you with one of our Certified Athletic Therapists who will conduct a thorough assessment with you to determine the root of your pain/injury and prescribe the best program to suit your needs.

This is an excellent way to encourage rehabilitation under the guidance of a trained therapist, getting a full hour with your coach and avoiding long stays hooked up to a machine.

Please note: Hands on treatment is not provided. Please phone 250-220-2586 for more information.

The following is a list of our prices and package options:

Package	Cost (Before taxes)	GST Amount	Total Cost (Including GST)	Price Per Session
Initial Assessment	\$ 85.00	\$ 4.25	\$ 89.25	\$ 85.00
Follow Up Session	\$ 75.00	\$ 3.75	\$ 78.75	\$ 75.00
4 AT Sessions	\$ 294.00	\$ 14.70	\$ 308.70	\$ 73.50
8 AT Sessions	\$ 554.00	\$ 27.70	\$ 581.70	\$ 69.00
12 AT Sessions	\$ 806.00	\$ 40.30	\$ 846.30	\$ 67.00

Please specify if this is the stream you would prefer when submitting your package.



Want to train with a friend or family member?

Our coach will provide each of you with personalized programming tailored to your specific needs and abilities.

PISE Partner Training Package Options

Package	Cost (Before taxes)	GST Amount	Total Cost (Including GST)	Price Per Session
Introductory Special¹	\$ 340.00	\$ 17.00	\$ 357.00	\$ 85.00
Single Session	\$ 95.00	\$ 4.75	\$ 99.75	\$ 95.00
4 sessions	\$ 374.00	\$ 18.70	\$ 392.70	\$93.50
8 sessions	\$ 714.00	\$ 35.70	\$749.70	\$89.25
12 sessions	\$ 1,046.00	\$ 52.30	\$1,098.30	\$87.17
16 sessions	\$ 1,361.00	\$ 68.05	\$1,429.05	\$85.06
24 sessions	\$ 1,992.00	\$ 99.60	\$2,091.60	\$83.00
36 sessions	\$ 2,192.00	\$ 145.60	\$3,057.60	\$80.89
45 sessions	\$ 3,499.00	\$ 174.95	\$3,673.95	\$77.76

¹Introductory Special is a one-time promotional rate for new clients only

*Each partner must fill out a package and submit together.



Availability and Training Preferences

Date: _____

Name: _____

Phone: _____

Email: _____

Preferred method of contact: _____

In order to ensure you receive the best possible service we would like to gather a little information regarding your availability and training preferences.

Do you have a preferred trainer you would like to work with? IF YES please provide their name.

Do you have a preference for a male or female trainer?

- Male Female No Preference

How many days per week are you looking to work with your coach?

Do you have a preferred day or days of the week you like to train?

- Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Table with 2 columns: HOURS OF OPERATION, AVAILABLE TIMES. Rows include Monday to Friday and Saturday & Sunday.

Would you prefer our Personal Training stream or our Athletic and Exercise Therapy stream?

- Personal Training Stream Athletic and Exercise Therapy Stream

When would you like to begin your training?



PERSONAL PHYSICAL HEALTH HISTORY

List any current or previous physical health problems or allergies you feel would impact your ability to participate in a Personal Training program.

Please list any surgeries

Table with 3 columns: Year, Reason, Hospital

Please List any medications that may impact your ability to participate.

GENERAL PHYSICAL HEALTH QUESTIONS

Are you experiencing any pain or discomforts currently, if yes please explain. [] Yes [] No

Please provide details:

What activities do you currently participate in?

How many days/week? _____ How long is each "bout/session"? _____

Have you participated in strength training in the past? If yes, describe:

GOALS/EXPECTATIONS

Please rank the areas from 1-8 below that are applicable to your training goals. Example, 1 being the highest, 8 being the lowest or N/A.

Table with 2 columns for ranking goals: Fat Loss, Hypertrophy, Strength, Flexibility/Mobility, Cardiovascular, Speed/Power, Agility, Sport Specific, Sport:, Other/Details:



What are your top two training goals for this program?

1.

2.

Thank you for choosing PISE Personal Training!

Were you referred to PISE by anyone?

Yes No

If yes, who?

If no, how did you hear about Personal Training at PISE?

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see csep.ca/certifications) or health care provider is advisable. This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.

- I am completing this questionnaire for myself.
- I am completing this questionnaire for my child/dependent as parent/guardian.

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer **YES** or **NO** to each question before you become more physically active. If you are unsure about any question, answer **YES**.

1 Have you experienced **ANY** of the following (A to F) **within the past six months?**

- A** A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?
- B** A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?
- C** Dizziness or lightheadedness during physical activity?
- D** Shortness of breath at rest?
- E** Loss of consciousness/fainting for any reason?
- F** Concussion?

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

..... ➤ **NO** to all questions: go to Page 2 – ASSESS YOUR CURRENT PHYSICAL ACTIVITY

YES to any question: go to Reference Document – ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE ... ➤➤

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

- 1 During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? DAYS/
WEEK
 - 2 On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity? MINUTES/
DAY
- For adults, please multiply your average number of days/week by the average number of minutes/day: MINUTES/
WEEK

Canadian Physical Activity Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).



GENERAL ADVICE FOR BECOMING MORE ACTIVE

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behaviour (e.g., prolonged sitting).

If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Qualified Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.



DECLARATION

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct.
If my health changes, I will complete this questionnaire again.

I answered **NO** to all questions on Page 1



Sign and date the Declaration below



I answered **YES** to any question on Page 1

Check the box below that applies to you:

- I have consulted a health care provider or Qualified Exercise Professional (QEP) who has recommended that I become more physically active.
- I am comfortable with becoming more physically active on my own without consulting a health care provider or QEP.



<input type="text"/>	<input type="text"/>	<input type="text"/>
Name (+ Name of Parent/Guardian if applicable) [Please print]	Signature (or Signature of Parent/Guardian if applicable)	Date of Birth
<input type="text"/>	<input type="text"/>	<input type="text"/>
Date	Email (optional)	Telephone (optional)

With planning and support you can enjoy the benefits of becoming more physically active. A QEP can help.

- Check this box if you would like to consult a QEP about becoming more physically active.
(This completed questionnaire will help the QEP get to know you and understand your needs.)

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

1 Have you experienced ANY of the following (A to F) within the past six months?	
<p>A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?</p> <p><input type="checkbox"/> YES</p>	<p>Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor – a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light- to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on.</p>
<p>B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?</p> <p><input type="checkbox"/> YES</p>	<p>Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a health care provider or a Qualified Exercise Professional (QEP) to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult a QEP about safe and appropriate physical activity.</p>
<p>C Dizziness or lightheadedness during physical activity</p> <p><input type="checkbox"/> YES</p>	<p>There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a health care provider to identify reasons and minimize risk. Until then, refrain from increasing the intensity of your physical activity.</p>
<p>D Shortness of breath at rest</p> <p><input type="checkbox"/> YES</p>	<p>If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.</p>
<p>E Loss of consciousness/fainting for any reason</p> <p><input type="checkbox"/> YES</p>	<p>Before becoming more active, consult a doctor to identify reasons and minimize risk. Once you are medically cleared, consult a Qualified Exercise Professional (QEP) about types of physical activity suitable for your condition.</p>
<p>F Concussion</p> <p><input type="checkbox"/> YES</p>	<p>A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A health care provider will let you know when you can start becoming more physically active, and a Qualified Exercise Professional (QEP) can help get you started.</p>

After reading the ADVICE for your YES response, go to Page 2 of the *Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY*

Use this reference document if you answered **YES** to any question and you have not consulted a health care provider or Qualified Exercise Professional (QEP) about becoming more physically active.

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

YES

If this swelling or pain is new, consult a health care provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling. As the pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult a Qualified Exercise Professional (QEP) in follow-up to help you become more active and prevent or minimize future pain.

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

YES

Listen to the advice of your health care provider. A Qualified Exercise Professional (QEP) will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and health care provider's advice into account.

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

YES

Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. A Qualified Exercise Professional (QEP) can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.

After reading the ADVICE for your YES response, go to Page 2 of the *Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY*

WANT ADDITIONAL INFORMATION ON BECOMING MORE PHYSICALLY ACTIVE?

▶ csep.ca/certifications

CSEP Certified members can help you with your physical activity goals.

▶ csep.ca/guidelines

Canadian Physical Activity Guidelines for all ages.