

PURPOSE

Filled Fitness



Personal Training: Getting Started

Step One

What is the First Thing I Have to Do?

All interested new members must first go to our website, www.purposefilledfitness.com and contact us via e-mail or phone (301-751-9995) to schedule your Personal Training Assessment and we will be sure to provide feedback to you as soon as possible, Monday through Friday. Payments can be made via check, credit card, or cash, depending on what meets your needs. If you have questions please feel free to contact us to we can help you.

Step Two

What Should I do to Prepare for the Personal Training Assessment? Prior to your Personal Training Assessment, you must print and fill out a PAR-Q (Physical Activity Readiness Questionnaire) which can be found directly on our website under our client resource page. This paperwork must be completed and brought to the fitness assessment. *The gathered information will be reviewed with you by your Health and Fitness Coach and will not be released to anyone other than program staff without your permission.*

If you are unable to download or print them, or have any issues accessing the site, please let us know via email and we can mail one out to you directly. If risk factors or existing health conditions are known or identified at the fitness assessment appointment, a signed Exercise Approval Form from a physician or other licensed clinician is required before working out with our personal trainer. Please be sure to discuss any exercise or health conditions/concerns with your physician prior to your appointment.

Step Three

After I have had my assessment, then what? Once you have completed an assessment appointment, and have been medically cleared if necessary, we will schedule your next personal training appointment and begin your program. Payment is required at the time of purchase.

