

Frequently Asked Questions:

After I complete the paperwork, what do I do next?

Return your completed packet to Member Services. Once your packet is handed in, you will receive a phone call from a staff member. The staff member will ask you any further questions he/she might have regarding your personal training preferences. The staff member will also give you an estimated time period that it will take for your Personal Trainer to contact you.

What does the first session involve?

If you were unable to complete the paperwork prior to your first session, you will complete it during the first training session. This will allow you and your Personal Trainer to get to know one another. If you were able to complete the paperwork, the first part of your session will be getting to know one another. Following the paperwork/getting to know one another portion of the session, the Personal Trainer will then take you through a light workout. The light workout session will vary from Personal Trainer to Personal Trainer.

Is the first session a charged session?

Yes, the first session is a charged session.

What happens if I do not show up or call to cancel for a scheduled workout session with my Personal Trainer?

The Baylor Tom Landry Fitness Center has a 24-hour cancellation policy on all scheduled workout sessions with our Personal Trainers. If you do not show up or call to cancel your scheduled personal training session within the 24-hour time period, you will be charged for that session. You will not be able to take part in another personal training appointment until the No Show/Late Cancellation session is paid.

Can a Personal Trainer be in contact with my Doctor or Physician regarding illness, disease, limitations, and/or injuries?

Yes, but only if you have filled out the "Authorization for Release of Information" form and sent the form to your Doctor or Physician. Personal Trainers can no longer contact your Doctor or Physician without this form due to new HIPAA regulations.

What is a General Fitness Assessment?

A GFA (General Fitness Assessment) is an individual assessment comprised of fitness and wellness components, such as basic cardiovascular and pulmonary function, body composition, strength and flexibility. This evaluation establishes your individualized baseline fitness level and provides you with information, which will be used to design a personalized beginning exercise program. The following is included in a GFA: Personal Wellness Profile questionnaire (filled out by you); Height; Weight; Waist, hip, bicep, thigh, calf, and neck measurements using a measuring tape; skin-fold measurements using

calipers; resting heart rate; resting blood pressure; pulmonary function test, basic treadmill test (Modified Olympic Protocol); sit and reach; curl-ups (crunches); modified pushups; and grip strength. If you have any questions about the GFA, please contact Fitness Specialist, Katie Brumley at (214) 820-7871.

How do I set my fitness goals?

Goal setting is a crucial part of any Fitness/Strength program. Proper and realistic set goals will ensure that you are on the correct path to a stronger you. Here are some tips when setting goals.

- **Tip 1:** Your long-term goal should be built out of a deep down desire from within you. What do you want to look like, play like, and/or feel like? Others can help motivate you, guide you, and assist you, but you have to want the goal for yourself and nobody else.
- **Tip 2:** Your long-term goal should be realistic. You may want to look back at what you have accomplished in the past or the best that you have achieved and when you set your new goal, do not set yourself up for failure. Be realistic.
- **Tip 3:** Work off of Success. Once you have determined your Ultimate Goal, think of all the things that you have to add and/or subtract to get there and then begin to work on them one-by-one (short-term goals). Feel the success of accomplishing one short-term goal at a time and build off of that success until you have reached your long-term goal. You may look back again at those habits that you have failed at in the past and wait to work on them until you have conquered others so that you have more confidence to face the bigger, more difficult habits.
- **Tip 4:** Expect Setbacks. All of us encounter unforeseen things that will have an effect on our time, money, stress, etc. Expect these things to come so that when they do, you do not lose your motivation. Stand strong through the storm and when it is over, get right back in again.
- **Tip 5:** Educate Yourself. Last of all educate yourself. Get with a qualified fitness professional and ask questions so that you will feel confident that you are doing things correctly to get to your chosen goal. He/She can also help you through those setbacks through motivation, education, and most of all accountability.