

1-on-1 Fitness Details

"80% of success is showing up."

—Woody Allen

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan."

—Tom Landry

The focus of our 1-on-1 fitness program is to enhance your current exercise regime and life style. We teach you an approach to fitness you can practice for the rest of your life.

What is our 1-on-1 fitness program?

This program is just what it sounds like – a chance for you to work individually with You Can Do It! You work with your instructor to learn new exercises and learn how to make gentle changes to your fitness and eating habits.

How does it help?

- Changes body composition so there is less fat and more muscle
- Strengthens the body's core, as well as major muscles or specific muscle areas you want to focus on for endurance
- Improves breathing and balance
- Brings awareness to the way you eat
- Demonstrates the importance of stretching after a workout
- Improves cardiovascular fitness
- Inspires the magic of motion and improves the quality of life

What do our clients say about 1-on-1 fitness?

"Quality of life increased ten-fold."

"I can now carry my groceries in and pick up my youngest grandchildren"

"Provides energy to make it through the day"

"Increased self-confidence and less negative internal nagging"

"Motivation to continue on"

"More stamina"

"Less fat, more muscle"

"Less muscular pain through out the body"

"Overall body strength, especially back and arms"

"Body definition"

"Big drop in cholesterol"

"Golf swing increased by more than 50 yards"

What do we provide?

Initial Consultation. You Can Do It! meets with individuals and groups. We can meet at your office, your home, any facility where you work out, or at our office. During our initial meeting we get to know one another through questions, answers, and discussion to find out if there is a personal match – a match that is highly important if we are to successfully work together.

We start with a series of intake questions and encourage you to ask your own questions so that we can discover your wants and needs and determine how to achieve them.

Next Meeting. The next meeting takes place wherever you work out. During this meeting, we go over the exercise program designed to achieve your stated goal ... and your individual workout (this can also be part of your initial consultation). The workout usually includes strength building, cardiovascular exercises, and stretches. In most cases, we ask you to work on the program by yourself for a few days. We then get back together to go over any questions, confusion, or concerns you may have discovered in doing the workout on your own.

Regular Meetings. You work out on your own to explore the workout and its details. We meet again to fine tune your form and answer any questions. Then we look at how often to meet to introduce new exercises and make sure you gain the most from your workout: 2x/week, weekly, bi-monthly, monthly, quarterly or annually.

What should you bring and what can you expect during a workout?

- Wear loose fitting clothes and tennis shoes or shoes fully covering the feet.
- Make sure you have plenty of water available.
- Expect to be tired or sore after your first workouts or whenever we change workouts – your muscles are not yet used to your new exercises.
- Results come when the work is done consistently and regularly, with proper form, focus, and attitude. That's right ... daydreaming while working out is not going to bring results!

How do you sign up?

Contact You Can Do It! by email or phone ... it's easy.

- **Email:** CarolLee@youcandoitnow.net
- **Phone:** 541-482-1887