

HartHouse

Personal Fitness Services

FAQ

How do I book an Individual Consultation, a Fitness Assessment or Personal Training?

Please complete the attached forms and ensure that all questions are answered.

What do I do with the forms?

Present your completed forms to staff at The HUB.

Payment in the form of cash, cheque, credit card or debit card will be accepted.

General Information

Each session will begin with an initial consultation of your needs, interests and goals. Each Personal Training session or consultation will be 55 minutes in length.

What do I wear?

Please be changed and ready to participate wearing workout attire and comfortable training shoes for your scheduled appointment.

Where do I meet my Personal Trainer / Appraiser / Consultant?

On your initial visit, meet at the bench across from the Fitness Centre Reception Desk.

What is the cancellation policy?

If it is necessary to change your appointment, please contact The HUB at 416.978.2447 at least 24 hours before your scheduled appointment. If you have a Personal Trainer please contact your trainer directly. If cancellation takes place within 24 hours or you do not show up for the appointment you will be charged the full rate for the missed appointment.

**Please contact staff at the HUB at 416-978-2452
if you have additional questions.**

Office Use Only (Please Indicate)			Trainer			
Individual Consultation	Personal Training	Group Package	Date			Time

Last Name		First Name	
Student/Membership #		Email	
Address			
Telephone (Residential)		Telephone (Alternate)	
Date of Birth (DD/MM/YYYY)		Sex	
Height		Weight	
Occupation			
Emergency Contact (Name)			
Telephone		Relationship	
Family Doctor (Name and Telephone)			
Address			

Have you visited your physician in the last year? Yes No

Has your doctor restricted you from any physical activity? Yes No

If yes, please specify	
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With respect to physical activity, how would you classify your work?

Sedentary Light to Reasonable Activity Very Active

How would you describe your present level of fitness?

Poor Fair to Good Excellent

How often do you partake in physical activity?

5-7 x / Week 3-4 x / Week 1-2 x / Week

Once Monthly Occasionally Never

Which exercises (activities or sports) do you currently participate in?

Activity		Frequency	
Activity		Frequency	

What activities would you prefer to avoid?

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Exercise Objectives? (Check all that apply)

Relax, have fun Lose Weight Gain Weight Reduce Tension

Improve fitness Strengthen Muscles Tone Muscles Improve Posture

Increase flexibility Increase cardiovascular endurance

Do you eat three meals / day? Usually Occasionally No

Do you skip breakfast? Usually Occasionally No

Do you salt your foods? Usually Occasionally No

Are you presently on a diet? Yes No

If yes, please specify why

Do you drink alcohol?
 Never Occasionally Monthly Weekly Daily

Do you drink coffee, tea, or cola? Yes Occasionally No

If yes, how much?

Beverage	Cups / day
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Do you smoke? Yes No

If yes, how many times do you smoke / day?

How would you describe your present state of health?

Excellent Good Fair Poor

Are you taking any prescription drugs? Yes No

If yes, please specify below

Name	Dosage
Side effects (if any)	
Name	Dosage
Side effects (if any)	

Do you experience any of the following? (Check all that apply)

Joint Pain Tendon Pain Muscle Pain Abdominal Pain Knee Pain

Lower Back Pain Neck Pain Shoulder Pain Shortness of Breath Asthma

Diabetes High Blood Pressure

Do you experience frequent headaches requiring treatment? Yes No

Are you currently receiving any of the following treatments? (Check all that apply)

Physiotherapy Chiropractic Treatments Massage Therapy

If so, please indicate your injury

Have you had a major surgery in the last 10 years? Yes No

If yes, please specify

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

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.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

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

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 which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all 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.

- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

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

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



HartHouse

Informed Consent and Service Agreement

Individual Consultation

You will be given an orientation on the technique and the appropriate reps, sets and weights for your goals on one or more of the following:

- Free weights
- Nautilus weight machines
- Hammer Strength equipment

Personal Training

The session includes the following services:

- Initial counselling discussing your goals, interests, needs and medical history.
- Lifestyle counselling (review of what you are doing now for physical activity and what is the most effective program design for your personal training sessions).
- Program design (each personal training session will be a combination of one or more of the following components; cardiovascular training, muscle strength and endurance training, flexibility training).
- Modes of training (your personal trainer will choose the most effective mode of training and use of equipment based on your needs and goals).
- Throughout your sessions you will have the opportunity to ask your personal trainer about facts, fallacies and controversial issues pertaining to exercise and program design.

Date		Signature of Applicant	
Name of Trainer or Consultant		Signature of Trainer or Consultant	