

# Recreation Oak Bay Personal Training

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## PERSONAL TRAINING CLIENT PACKAGE



### **Forms Included in this package:**

- ☐ Health History Form
- ☐ Par – Q Form

- ☐ Personal Training Session Information
- ☐ Pricing Information

### **Instructions:**

1. Please complete each form accurately and completely;
2. Submit completed forms to Reception (Oak Bay or Henderson Recreation Centers);
3. Purchase your Personal Fitness Training sessions when you drop off your forms

You will be contacted within 72 hours by a trainer to set up your first appointment

Personal Training Sessions must be purchased prior to scheduling an appointment

Personal Trainers Bio's are posted at each fitness center and online [www.recreation.oakbay.ca](http://www.recreation.oakbay.ca)

### **Please note:**

Packages expire after 1 year from the date of purchase

24 hours notice required for appointment cancellations

Medical Clearance may be required

This form will be attached to your online profile with Recreation Oak Bay

### **Cancellation Policy:**

- 24 hours notice is required for appointment cancellations
- To cancel an appointment, first attempt to contact the trainer directly. If you are unable to reach the trainer or if you leave a message, please also call reception at 250-595-7946 and provide them with your appointment date, trainers name and reason for cancellation.
- If you cancel within 24 hours you may be charged for the appointment.

**Please call 250-370-7117 if you have any questions**

**Thank you,**

**Ryan Anderson, Fitness Programmer  
Recreation Oak Bay**



# Health History Form

*To be completed in full prior to starting personal training sessions*

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone Number: \_\_\_\_\_

1. Do you have any chronic illnesses?

Explain: \_\_\_\_\_

2. Do you take any Prescription Medication? If yes explain. \_\_\_\_\_

3. Do you take any over-the-counter medications or supplements? If yes, explain. \_\_\_\_\_

4. Have you had any bone, joint, muscle injuries or concerns – past and present? Please check and explain.

- |                                     |                                 |                                  |
|-------------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Head       | <input type="checkbox"/> Elbow  | <input type="checkbox"/> Arms    |
| <input type="checkbox"/> Neck       | <input type="checkbox"/> Wrist  | <input type="checkbox"/> Legs    |
| <input type="checkbox"/> Shoulder   | <input type="checkbox"/> Hips   | <input type="checkbox"/> Chest   |
| <input type="checkbox"/> Upper Back | <input type="checkbox"/> Knees  | <input type="checkbox"/> Stomach |
| <input type="checkbox"/> Mid Back   | <input type="checkbox"/> Ankles | <input type="checkbox"/> Other   |
| <input type="checkbox"/> Lower Back | <input type="checkbox"/> Foot   |                                  |

Explain: \_\_\_\_\_

Have you had any surgeries? Explain. \_\_\_\_\_

5. Do you smoke? If yes, how often? \_\_\_\_\_

6. Rate your daily stress level from 1-10 (1= very low / 10 = very high) \_\_\_\_\_

7. How many hours do you regularly sleep per night? \_\_\_\_\_

8. Over the last 6 Months, what has been your 3 primary forms of exercise?

9. On a scale of 1-10, rate your current fitness level: (1 –unfit, 5 = Average, 10 = Very Fit) \_\_\_\_\_

10. Occupation/Daily Routine: (please check one) ☐ Sedentary ☐ Active ☐ Physically Demanding

12. Please outline your fitness goals and expectations from Personal Training.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Add Variety to Current Exercise Routine | <input type="checkbox"/> Improve Cardiovascular Fitness | <input type="checkbox"/> Increase Muscle Tone                      |
| <input type="checkbox"/> Build Muscle Mass                       | <input type="checkbox"/> Improve Health                 | <input type="checkbox"/> Learn correct form and exercise technique |
| <input type="checkbox"/> Enhance Sport Specific Skills           | <input type="checkbox"/> Increase Flexibility           | <input type="checkbox"/> Reduce Fat                                |
| <input type="checkbox"/> Improve Balance                         | <input type="checkbox"/> Increase Motivation            | <input type="checkbox"/> Reduce Stress                             |

13. My Personal Training goals are? \_\_\_\_\_

14. Which obstacles or barriers are preventing you from attaining these goals \_\_\_\_\_

15. Which location would you prefer to train at? ☐ Oak Bay Recreation Centre ☐ Henderson Recreation Centre

16. What training package are you purchasing today?

**Private Personal Training (one on one) 1 Hr Sessions**      **Semi-Private Personal Training: (Per Couple) 1 ½ hour Sessions**

- |  |  |
|--|--|
| <input type="checkbox"/> 1 session      \$65   | <input type="checkbox"/> 1 Session      \$110    |
| <input type="checkbox"/> 2 Session      \$130  |  |
| <input type="checkbox"/> 5 Session      \$293  | <input type="checkbox"/> 3 Sessions      \$305   |
| <input type="checkbox"/> 10 Session      \$520 |  |
| <input type="checkbox"/> 15 Session      \$731 | <input type="checkbox"/> 10 Sessions      \$ 961 |

17. Do you have a specific trainer you would like to work with? \_\_\_\_\_

18. What days and times work best for you to meet with your personal trainer? Please check all that apply.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6:00am-9:00am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9:00am-12:00p	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12:00pm-5:00pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5:00pm-9:00pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# 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. <b>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?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>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?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

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  
or GUARDIAN (for participants under the age of majority) \_\_\_\_\_

WITNESS \_\_\_\_\_

**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.**

# PAR-Q & YOU

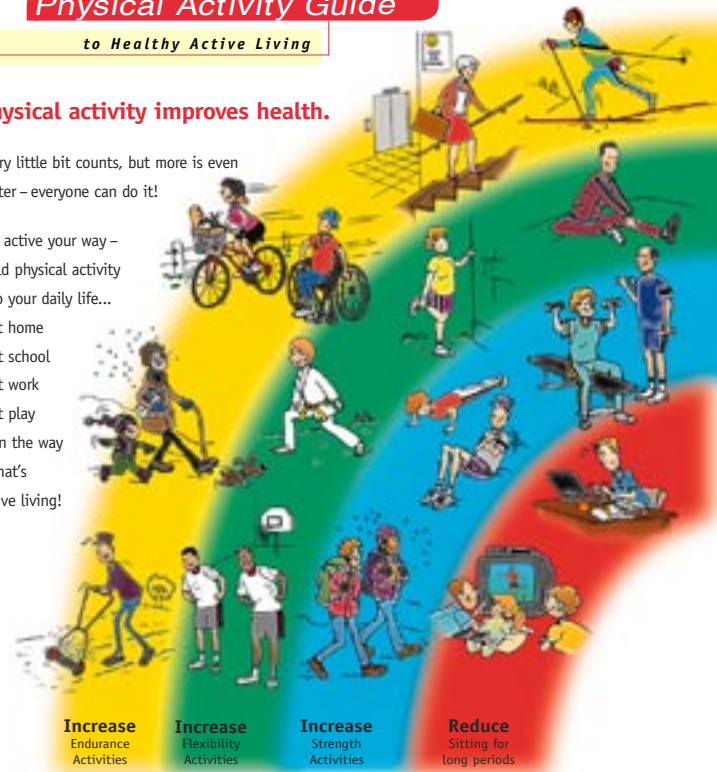


## Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
  - at school
  - at work
  - at play
  - on the way
- ...that's active living!



**Increase** Endurance Activities  
**Increase** Flexibility Activities  
**Increase** Strength Activities  
**Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

### Endurance

4-7 days a week  
Continuous activities for your heart, lungs and circulatory system.

### Flexibility

4-7 days a week  
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

### Strength

2-4 days a week  
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information:  
**1-888-334-9769**, or  
[www.paguide.com](http://www.paguide.com)

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

## Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort 60 minutes	Moderate Effort 30-60 minutes	Vigorous Effort 20-30 minutes	Maximum Effort
<ul style="list-style-type: none"> <li>Strolling</li> <li>Dusting</li> </ul>	<ul style="list-style-type: none"> <li>Light walking</li> <li>Volleyball</li> <li>Easy gardening</li> <li>Stretching</li> </ul>	<ul style="list-style-type: none"> <li>Brisk walking</li> <li>Biking</li> <li>Raking leaves</li> <li>Swimming</li> <li>Dancing</li> <li>Water aerobics</li> </ul>	<ul style="list-style-type: none"> <li>Aerobics</li> <li>Jogging</li> <li>Hockey</li> <li>Basketball</li> <li>Fast swimming</li> <li>Fast dancing</li> </ul>	<ul style="list-style-type: none"> <li>Sprinting</li> <li>Racing</li> </ul>
Range needed to stay healthy				

## You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity:	Health risks of inactivity:
<ul style="list-style-type: none"> <li>better health</li> <li>improved fitness</li> <li>better posture and balance</li> <li>better self-esteem</li> <li>weight control</li> <li>stronger muscles and bones</li> <li>feeling more energetic</li> <li>relaxation and reduced stress</li> <li>continued independent living in later life</li> </ul>	<ul style="list-style-type: none"> <li>premature death</li> <li>heart disease</li> <li>obesity</li> <li>high blood pressure</li> <li>adult-onset diabetes</li> <li>osteoporosis</li> <li>stroke</li> <li>depression</li> <li>colon cancer</li> </ul>

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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## FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

### References:

- Arraiz, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.
- Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy, In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.
- PAR-Q Validation Report, British Columbia Ministry of Health, 1978.
- Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology  
202-185 Somerset Street West  
Ottawa, ON K2P 0J2  
Tel. 1-877-651-3755 • FAX (613) 234-3565  
Online: [www.csep.ca](http://www.csep.ca)

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

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