

# Personal Exercise Program

vs.

# Personal Training

Workout is developed and designed around individuals goals, abilities, and needs.	Workout is developed and designed around individuals goals, abilities, and needs	
Client is instructed on how to complete given exercise program safely and effectively.	Client is instructed on how to complete given exercise program safely and effectively.	
Client Completes workout at own discretion	Completes 1-on-1 workouts with trainer on a set schedule.	
Exercise Program goals, modifications, and progress follow up appointments are made at clients request.	Personal Trainer supervises workouts making program modifications as necessary.	
Workout consistency and quality is at the discretion of the client.	Personal Trainer assures client receives structured, consistent and quality workouts.	
<b>Free</b> for all students, faculty, and staff	Students	\$30
	Faculty & Staff	\$40
A one time fee of \$50 for fieldhouse members, community, alumni and retirees	Alumni, FH members, Dependents, Retirees	\$55

# Campus Recreation

Fitness • Intramurals • Wellness

# Personal Exercise Program **FREE!**

*Let Us Help!*  
**Learn to exercise  
effectively & safely**

To get started contact:

Fitness & Wellness Center  
www.gvsu.edu/rec  
(616)331-3659

Located in Recreation Center on lower level adjacent to basketball courts

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## Getting Started...

A personal exercise program can benefit anyone that is looking to pursue a healthy lifestyle. It is very similar to personal training however, it allows individuals more flexibility with their schedule. By meeting regularly with qualified Fitness Professionals, clients can develop and continually modify their program to meet personal needs, pursue their personal goals, and achieve results.

Personal exercise programs are designed **FREE** of charge for Grand Valley Students, Faculty, and Staff. Personal exercise programs consist of the following series of appointments:

- Client Interview & Fitness Test
- Exercise Program Orientation
- Follow-up & program modification
- Goal setting & goal checks

Before starting any exercise program, or significantly increasing your exercise level, it is important to consult your doctor or health care provider.

### Adaptive Exercise Programming

This program is open to all individuals. Our staff can develop a fitness program based on the goals and ability of each person, as well as organizing supervised group workouts to help with motivation and support.

## Description of Appointments

### 1. Client Interview & Fitness Test (90 min appointment)

The client interview consists of a sit down meeting where you will have the opportunity to:

- Review exercise experiences
- Identify achievable goals
- Review nutrition

The fitness test is a combination of various exercise tests and measurements administered by a fitness professional to assess specific areas of fitness. These tests will measure your:

- Heart rate/Blood pressure
- Percent body fat/body composition
- Height/Weight
- Cardiovascular fitness
- Muscular strength and endurance
- Flexibility

### 2. Exercise Program Orientation (60 min appointment)

Typically at this appointment our qualified fitness staff will:

- Review Fitness Test results from previous appointment.
- Review the exercise program which may consist of: stretching, strengthening, and cardio.
- demonstrate for you the proper guidelines to follow when performing your workout plan.
- Allow you to consult with our staff and try exercises to assure proper form

### 3. Exercise Check/ Follow-up (30 min appointment)

This appointment is typically scheduled about 2-3 weeks after the Exercise Program Orientation appointment. At this appointment clients can address any questions they may have about their program, such as:

- Progression
- Opportunity to review exercise program further
- Modify any exercises.

### 4. Goal Setting & Goal Checks (30 min appointment)

At the goal setting appointment, the client and Fitness Professional will focus on setting short and long term goals, discuss strategies for goal attainment, tools for motivation and exercise adherence.

The goal check appointments can be used for follow-ups to make modifications to the exercise program or for accountability. Established goals are typically reviewed and new goals are set. These meetings are meant to serve as an opportunity for the client to identify their progress towards their goals.

