

Personal Fit Coach

Program Orientation

Physical Activity Information

- Physical activity is one of the best ways to work towards better health
- Regular physical activity has been shown to prevent and help manage many illnesses, such as heart disease, diabetes, and certain cancers
- Despite these known benefits, more than half of adult Americans do not meet the recommended levels of physical activity

Physical Activity Trends

- In 2005, only 48.7% of adults nationwide met the minimum recommended level of physical activity per week
- Only 50.8% of adult Virginia residents met the recommended level

Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System. Available [here](#).

Philosophy

- Personal Fit Coach is designed to help you learn about exercise, set goals for exercise, and find what works best for you to achieve those goals
- The beauty of Personal Fit Coach is that you do not have to join a gym, a class, or purchase a lot of equipment
 - You and your personal coach work together to find what works for you using what you have available for fitness and fitting that into your busy lifestyle

Health Benefits of Regular Exercise

- Lower your risk for cardiovascular disease
- Lower your risk of having a stroke
- Lower your risk for certain cancers
- Lower your risk for hypertension (high blood pressure)
- Lower your risk of developing diabetes
- Make your bones, muscles, and joints healthier
- Help you sleep better
- Help relieve symptoms of anxiety & depression
- Contribute to an over-all sense of wellness
- And much more!

Who Is Eligible?

- You must at be least 18 years of age
- Persons with certain medical conditions are ineligible
 - Those conditions are determined on a case-by-case basis

How It Works

- With the support of your Personal Fit Coach, you will:
 - Develop personalized & flexible fitness goals
 - Your Coach will help you take your long-term goals and break them into gradual, specific weekly goals
 - You work your weekly goals!
 - Your coach supports you every step of the way

Tracking Progress

- As you work through your personalized program, you will track your progress with your coach using a simple weekly log

	Date	Minutes of Exercise	Type of Exercise	Rate Your Workout
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Who is Your Coach?

- Specially trained fitness professionals will:
 - work with you to determine your goals
 - assist you in reaching your goals
 - be a positive supportive voice for you, as you make healthy lifestyle choices
- You will receive weekly contact from your coach to answer your questions, provide suggestions, and support you in achieving your goals

Experience

- Coaches have experience in areas such as:
 - Exercise Science/Exercise Physiology
 - Personal Training
 - Health Educator
- Personal Fit Coach takes the guesswork out of choosing a qualified fitness professional!

Confidentiality

- All information collected with Personal Fit Coach will be treated in a strictly confidential and private manner at all times
- All information collected for the purposes of Personal Fit Coach will be collected and stored following the national standards set by the Health Insurance Portability And Accountability Act (HIPAA)

Cost & Starting

\$200.00

for the 12-week program

- You can start Personal Fit Coach anytime!
- You'll set and start on your fitness goals within days of registering

Join Us!

- Ready to get started on achieving your fitness goals with Personal Fit Coach?
 - Register [Online](#)
 - Or by phone at [703.750.8800](tel:703.750.8800)
- Have more questions?
 - [Email us](#)
 - Call [703.698.2434](tel:703.698.2434)

