

## Personal Training

We offer personal training sessions for times that suit your needs! We can book you in for your session either in the early morning, lunch hour, late afternoon or some evenings! Whatever fits your schedule best, we will be sure to make something work out for you!

Our personal trainers are highly qualified and will ensure that your goals and needs are our top priority. Our sessions are not based on high impact, but rather around improving your posture and creating a more balanced body.

We have many personal training **packages** already created; however, you can create your own personalized program with us. All personal training packages will include your initial and possibly your final consultations. These **consultations** include: a cardiovascular assessment; muscular endurance testing; the Functional Movement System screen; and anthropometric measurements (including body measurements, weight, body fat percentage and water percentage) if you'd like to have these taken.

You will come in and meet with your trainer to complete your **initial consultation** before your sessions begin. In your initial consultation you will be screened for current or past injuries, allowing the trainer to get a better sense of your current health and baseline fitness level. We will discuss your personal goal setting and allow for one-on-one feedback on your exercise testing (for example, if your form needs to be corrected). As well you can have your measurements and body fat percentage taken to see your before and celebrate your success at the end! In addition to the above, the trainers will take you through the FMS screen. FMS stands for Functional Movement Systems which assesses your primitive movement patterns (such as squat, lunge, core stability and mobility). This gives us a big picture of your flexibility and strength imbalance or weaknesses which will help us give you a personalized corrective stretching/exercise warm-up routine specific to your body's needs. You can do this warm-up before your session starts to get your muscles balanced and properly firing up before getting into more difficult movements! This helps to create a more symmetric and efficient body which leads to a decreased risk of future injuries from overuse due to asymmetries and weaknesses and an increase in strength gains (and more strength gains results in more lean muscle mass tissue which leads to more calories burned and more calories burned results in fat loss, and this positive cycle continues!). We want you to get the most out of your experience here with us, and by getting your initial consultation you will be getting more than just your regular workout sessions!

All consultations will be completed at Active Chiropractic Family Health Center, 1169 Pembroke Street East, Pembroke Ontario, K8A 7R4. All appointments (consultations and sessions) require 24 hours cancellation notice by calling the clinic at 613-732-9215, emailing [info@active-chiropractic.org](mailto:info@active-chiropractic.org), or by accessing your account online via our website at [www.active-chiropractic.org](http://www.active-chiropractic.org) or on the mobile app 'Mindbody Connect' (ask us for more details).

One-on-one Personal Training too pricey? Ask us about **Small Group Personal Training** which may be more affordable while still creating a personalized workout experience for you!