

## Client's Guide to making Personal Training Work

After training many different people for many years now, I have found some commonalities that have worked across the board to improve your overall health and fitness. If these key issues are followed, then it is almost guaranteed that you will achieve your goals.

1. Workout on your own! Even though you are training with me, you must train on your own. I have found that most people have some sort of “improper movement pattern”, which is usually found within the first 2 sessions. I will prescribe you exercises that must be done on a consistent basis to improve that/those improper movement patterns. If you do them independently, movements will improve and I can push you harder during our training session.
2. Get your SLEEP! A mentor of mine (Dr. Ken Reviza, World Class Sport Psychologist) once told me, “you can't burn the candle at both ends.” A very true statement when it comes to the human body. We push ourselves all day long and need proper rest to recuperate, otherwise like a candle, we will burn ourselves out. It is recommended that you get at the very least 6 hours of quality rest per night.

Here are some suggestions for quality sleep:

- a. Turn off the T.V./computer at least an hour before you go to sleep
  - b. No alcoholic beverages at least 1-2 hours before you go to sleep
  - c. No caffeine at least 4-6 hours before you go to sleep
3. Eat! I need you to eat quality, natural whole foods. Stay away from “diet” foods, low fat this, low sugar that. The more you eat foods that are closer to how they occur in nature the better it is for you. Fresh foods are more nutrient dense than processed foods, therefore are the healthier option.
    - a. You should try to eat every 4 hours or so starting within a half an hour of waking up
    - b. Try to eat within 1 ½ hours of your workout for optimal energy and focus
    - c. Make sure you eat your fruits and veggies
  4. Cardio! We will go over how to best perform your cardio workouts, but you must do it. I do not care if you are trying to gain weight, lose weight, or improve athletic performance you must do your cardio. Time and intensity will vary depending on your goals and athletic history but you are required to do it on your own.

For most people I am only going to see you an average of 2-3 hours per week, you are left with 160+ hours a week on your own. If you are not active daily doing your “movement pattern” activities, cardio, eating well and getting quality rest do not be disappointed in your results. I am your Trainer/Coach and I am going to challenge you every time I see you, it's your job to supplement workouts with outside activities.