



# Fitness Results Boot Camp

At the Upland Arena

*"This one step, choosing a goal and sticking to it, changes everything."*

- Scott Reed

**Welcome!!** We want to congratulate you on taking steps towards becoming a healthier person! Here is our prep packet for our boot camps. Please read through all the information carefully and fill out the PAR-Q and Health History forms. We ask that all participants be at The Arena 5 minutes before your boot camp starts to ensure a full hour of exercise. Also, make sure to bring water and a towel and wear comfortable clothes and tennis shoes. We look forward to working with you for the next 4 weeks helping you toward a healthier life.

Some of the people we have talked to are a little nervous about getting started with the boot camp. Please do not be concerned. This will be a fun workout. Yes, it will be challenging, but we will not work anyone past what they are comfortable and capable of achieving.

Thank you,  
Fitness Results Staff

*"The indispensable first step to getting the things you want out of life is this:  
decide what you want."*

- Ben Stein

## Fitness Results

# Physical Activity Readiness Questionnaire (PAR-Q)

### 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 everyday. Being more active is 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 question carefully and answer each one honestly by checking YES or NO.**

Physical Activity Readiness Questionnaire	YES	NO
Has your doctor ever said that you have a heart condition and that you should do only physical activity recommended by a doctor?		
Do you feel pain in your chest when you do physical activity?		
In the past month, have you had chest pain when you were not doing physical activity?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?		
Do you know of any other reason why you should not do physical activity?		

### **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 to 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 that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow your doctor’s advice.

**If you answered “no” to all 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.

**Do you need to 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. If you are or may be pregnant, you may want to 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:**

Fitness Results assumes no liability for persons who undertake physical activity. If you are in doubt after completing this questionnaire, consult your doctor prior to physical activity.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Signature \_\_\_\_\_ Please Print \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent/GUARDIAN \_\_\_\_\_

(For participants under the age of eighteen)

# Fitness Results

Must be completed before first visit

## HEALTH HISTORY FORM

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Initial: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: Business: \_\_\_\_\_ Home: \_\_\_\_\_

In Case of Emergency, Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Personal Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

The health history form is designed to help identify individuals for whom physical activity might be inappropriate at the present time. It is not intended to substitute for a complete physical examination and assessment by a physician. It is recommended that each client undergo a medical examination prior to the initiation of an exercise program. With this understanding, please answer the following questions accordingly.

### GENERAL HISTORY

1. Do you currently have an illness or infection? \_\_\_\_\_ If yes, explain \_\_\_\_\_

2. Have you been hospitalized or had major surgery within the last year? \_\_\_\_\_

If yes, explain: \_\_\_\_\_

3. Are you pregnant or have you given birth within the last two months? \_\_\_\_\_

4. Do you have a history of the following conditions? \_\_\_\_\_ (Check all that apply)

- Thyroid Disorders
- Liver Disorders
- Kidney Disorders
- Asthma
- Bronchitis

- Emphysema
- Hernia
- Smoking
- High Blood Pressure (above 90/140)
- High Blood Cholesterol (above 200)

- Family History of Heart Disease
- Arteriosclerosis
- Heart Attack
- Irregular Heart Beat
- Migraines

5. Do you have any other medical condition not previously mentioned? \_\_\_\_\_

If yes, explain: \_\_\_\_\_

6. Do you have a history of the following injuries or orthopedic problems?

Joint Problems

Arthritis

Bursitis

Tendonitis

Bad Back

Bad Knee

7. Are you currently receiving physical therapy? \_\_\_\_\_

If yes, explain: \_\_\_\_\_

8. Are you currently taking any medication? \_\_\_\_\_ If yes, list medication and condition:

\_\_\_\_\_

9. Describe your current stresses: \_\_\_\_\_

10. Are you presently involved in an exercise program? \_\_\_\_\_ If yes, please specify activity, frequency, and

duration: \_\_\_\_\_

\_\_\_\_\_

11. In order to help design a program enjoyable to you, please select from the following list of activities and equipment of particular interest:

Body Building

Strength Training

General Fitness Training

Cardiovascular

Flexibility

Weight Loss

Other

Free Weights

Machines

Circuit Training

Biking

Stairmaster

Treadmill

Other

12. What exercises do you hate? \_\_\_\_\_

\_\_\_\_\_

I acknowledge, to the best of my ability, that I have answered the above questions completely and honestly, and reaffirm that I have no known medical problems that would restrict my ability to participate in this exercise program. I also understand that any physical activity involves risks. Therefore, I do hereby waive, release, and forever discharge the trainer and his respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

\_\_\_\_\_

Signature of Trainee

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of Personal Trainer

\_\_\_\_\_

Date

# Fitness Results Boot Camp

## Basic Rules & Guidelines

Below, you will find several basic rules and guidelines we will need your cooperation with to make your experience more pleasant.

- Respect other participants space and property
- Refrain from using foul language
- Show you care, do not spit on the gym floor
- Food and drink are prohibited in the gym except for water in a plastic bottle
- Turn off cell phones before boot camp starts
- Return equipment to proper space after use
- If you are sick, it is usually better to miss a day and get healthy rather than come to class and spread germs. If you are not sure call the instructor to see if you should attend boot camp.
- Fighting will not be tolerated and will result in immediate suspension or termination of membership
- Participants will not be allowed to start a session late without the proper warm-up. Please be on time.
- Other equipment will not be allowed during a specific boot camp sessions.
- All equipment must remain on the exercise floor and cannot be removed from that area for any reason.
- Participants will not be allowed to secure equipment while another boot camp is in progress.
- Equipment for a specific boot camp can only be secured once the boot camp has completely ended.
- HAVE FUN!!

Your cooperation with the above rules will be greatly appreciated and will make our boot camp a big success. We hope you will enjoy our time together and please feel free to ask any questions you may have.

**"You become what you think about."**

*- Earl Nightingale*

# Formula for Success

The winners in life know the rules of the game and have a plan. Whether you're looking to heal a relationship, get a new job, lose weight, or find inner peace, consider these characteristics that are common to people who succeed.

**Vision:** Champions get what they want because they know what they want. They have a vision that keeps them motivated and efficiently on track. They see it, feel it, and experience it in their minds and hearts. What is success for you? You won't get there without knowing what it feels and looks like.

**Strategy:** People who consistently win have a clear and thoughtful strategy. They know what they need to do and when they need to do it. They write it down so they stay on course and avoid any alternative that does not get them closer to the finish line.

**Passion:** Are you excited to get up in the morning? People with a passion are, and they're energized about what they are doing. You need to live and breathe what it is that you want and be passionately invested in both the journey and the goal.

**Truth:** People who consistently win have no room in their lives for denial, fantasy, or fiction. They are self-critical rather than self-deluding, and they hold themselves to high but realistic standards. They deal with the truth since they recognize that nothing else will make their vision obtainable.

**Flexibility:** Life is not a success-only journey. Even the best-laid plans sometimes must be altered. Be open to input and consider any potentially viable alternative. Be willing to be wrong and be willing to start over.

**Risk:** People who consistently win are willing to get out of their comfort zone and try new things. Be willing to plunge into the unknown if necessary and leave behind the safe, unchallenging, and familiar existence in order to have more.

**Nucleus:** Surround yourself with a group of people who want you to succeed. They will move with you toward your goal. Choose and bond with people who have skills, talents, and abilities that you do not. Winners give and receive by being part of other people's groups.

**Action:** Do it! People who succeed don't just sit and think about what they want to do. They take meaningful, purposeful, directional action consistently and persistently. Every step they take puts them toward the outcome they're looking for.

**Priorities:** People who are consistent winners manage their challenges in hierarchical fashion. They commit to managing their time in such a way that does not allow them to spend time grinding along on priority number two or three if priority number one needs their attention.

**Self-management:** People who consistently win consciously and pointedly take care of themselves as individuals. They are the most important resource they have in achieving their goals. They actively manage their mental, physical, emotional, and spiritual health.

*You can't improve what you can't measure."*

- Gary William Hood

# Winner VS. Loser

The Winner

is always part of the answer.

The Winner

always has a program.

The Winner

says, "Let me do it for you."

The Winner

sees an answer for every problem.

The Winner

sees a green near every  
sand trap.

The Winner

says, "It may be difficult  
says it's possible".

*The Loser*

is always part of the problem.

*The Loser*

always has an excuse.

*The Loser*

says, "That's not my job."

*The Loser*

sees a problem for every answer.

*The Loser*

sees two or three sand traps  
near every green.

*The Loser*

says, "It may be possible but  
it's too difficult."

## Be A Winner!