



## **If it were easy...you'd be fit by now!**

Welcome to ENERJOY Health/Fitness Programs Inc. Personal Training with Liz Bradford. Since 1979 I have been working with individuals and groups who want to get fit, but need motivation, information and support. I start by helping you identify how ready you are to make exercise a priority, and what activities will fit your needs and interests. Please complete this questionnaire, bring it with you to your initial visit along with your completed health history and we'll get started.

1. How did you hear about Liz and ENERJOY?
2. Do you currently workout at a fitness facility, in your home, or get some form of regular exercise? What?
3. Please list three aerobic activities (like swimming, cycling, walking) that you like, in order.
4. Do you have any experience with strength training? If so, what?
5. When do you like to exercise? For how long?
6. When (referring to an hour in the day) is it typically impossible to workout? Why?
7. Do you prefer working out alone most of the time, or if you could, would you prefer working out with someone or in a class?
8. Are there activities that you can't do because of physical limitations? How serious are these limits?
9. If you consider yourself *out* of shape, when you were *in* shape, how was your life different? What worked before that will work now?

10. Are you interested in changing your weight or body composition? If so, in what way?
11. Do you have the nutrition aspect of weight management under control? Why or why not?
12. What activities do you do during the week in your non-exercise life (e.g. work outside the home, take care of children, volunteer)?
13. What is the biggest barrier to fitting in regular exercise? Please consider intellectual, emotional and practical barriers.
14. Would you like to begin with a Healthy Lifestyle Assessment ( flexibility, cardiovascular fitness, body composition and strength testing)?
15. Is there anything else you'd like me to know?

Thank you for taking the time to complete this form. I look forward to working with you!

In Good Health,