



## Thank you for asking about personal training.

My studies at UCONN in education and psychology included courses in understanding what motivates people to make healthful lifestyle choices and how we learn to change. My certifications from “The Institute of Aerobics Research”, “International Dance Exercise Association”, and “American Council on Exercise” have required me to complete ongoing coursework in a variety of exercise, mind body, and nutrition areas since 1985.

I can help you:

- determine your current levels of fitness, **AND** develop a plan to get you started,
- reflect on what kinds of changes you need to make,
- establish achievable goals,
- think about what has and hasn’t worked in the past,
- learn how to get fit or fitter safely and
- most importantly, enjoy the process.

As we determine your needs more precisely, we can customize an approach for you.

### Standard Training Options

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<b>Initial Tour</b>	15 minutes	FREE
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**Get Started** - *One 2-hour session to assess your fitness put an initial plan in place. You receive a written summary and goals, based on where you want to workout and what we think you can achieve over the coming month.*

Healthy Lifestyle Assessment (HLA) + Goal Setting + Written Program	2 hours	\$120
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**Core Essentials** - *Three 1-hour sessions to strengthen your core muscles and improve posture while reducing back pain. You receive a written program to follow.*

HLA + Abdominal & Back Program	3 hours	\$175 (\$5 off)
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