



# Fitness Consultation Service

Exercise is associated with more health benefits than anything else. It reduces stress, strengthens the heart and lungs, improves energy levels, helps you maintain and achieve a healthy body weight, reduces the risk of some cancers, increases longevity, and improves your outlook on life. In short, exercise keeps you healthy and makes you look and feel better! Our Plan Smart Fitness Consultation service will help you get started on an exercise program customized to fit your personal needs and lifestyle.



## Get on track with a personalized fitness program

Need some help getting started with an exercise program that works for you? Our personal training service gives you two options:

1. One-hour fitness appraisal that looks at body composition, muscle strength, endurance, flexibility and cardiovascular fitness testing, then a one-hour program developed by your trainer to help you achieve your specific goals.
2. Or, a two hour one-on-one personal training session including a review of your exercise technique to help you perform more efficiently and effectively and keep you motivated.

**Having difficulty sticking with a fitness plan? Having a plan designed for you and then having someone follow up will make all the difference!**

## One call is all it takes to get started.

We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

- We ask a few questions to make sure you're getting the service that best meets your needs.
- Our fitness consultant will contact you to discuss your options and arrange for your fitness appraisal or training appointments.
- We follow-up to ensure that you feel confident continuing to apply your new fitness skills and knowledge.

**If you ever feel overwhelmed or stressed by the challenges you face, we can easily arrange face-to-face or telephone counselling.**



## Plan Smart helps you meet your fitness goals!

**CALL US TO GET STARTED (TRANSLATION TO OTHER LANGUAGES AVAILABLE).**

Toll-Free English **780.428.7587** Numéro sans frais - en français : **1.866.398.9505**

TTY: **1.888.384.9505**



**Homewood**  
Health | Santé