

## Small Group Personal Training Sessions: Sign Up Instructions

**Required forms and pre-screening:** all forms must be completed and mailed to UW Fitness, LHI and all pre-screening must be done prior to starting any exercise sessions. You can download and print off all of the following forms from our website.

[www.uwfitness.uwaterloo.ca](http://www.uwfitness.uwaterloo.ca)

1. **PAR-Q** – *only* if you have any “yes” answers on the PAR-Q form, do you need to contact UW Fitness staff to discuss if you need to have a PARmed-X form signed by your physician. Contact ext 36841 if you have “yes” answers. Otherwise, just send in your completed form.
2. **Information and Consent Form**
3. **Client Information for Group Personal Training**
4. **Resting Heart Rate and Blood Pressure measurements** - a few day/time options will be given to you and it is your responsibility to attend one of these times to get checked by UW Fitness staff (located in LHI 1606). If your resting heart rate or blood pressure values exceed our safety limits, you will need to have a PARmed-X form signed by your physician prior to participating in group exercise sessions. In order to check resting measures, we need you to be sitting quietly for at least 5 minutes prior to taking measurements so please count on being here for 10-20 minutes for this short appointment.

Once we receive the above forms (1-3), we will contact you as soon as space becomes available in any of the group sessions that you indicated as preferences on your Client Information sheet. Remember this will be on a first-come, first-served basis. We will inform you of the times available for resting heart rate and blood pressure testing once you are signed up for a particular session.

**Location of training sessions:** UW Fitness, LHI 1606 and/or Manulife Wellness Center (connected facilities). Washrooms, change rooms and a limited number of showers are available in LHI.

**Attire:** shorts or exercise pants, t-shirt and running shoes. \*Supportive athletic shoes are very important, especially if walking/jogging. If you are looking to purchase a new pair of shoes, Saucony and New Balance running shoes are highly recommended (you may want to check the Saucony Outlet at the St. Jacobs Outlet Mall! Good deals on great shoes!)

**Bring:** Water bottle  
Towel for showering.

**Eating/Drinking:** plan meals or snacks around exercise sessions so you are not exercising on a totally empty stomach or not immediately after eating a meal. If attending sessions over the lunch hour, try and have a light snack mid-morning to provide some energy for the exercise session (and eat lunch after exercising). If attending late afternoon, you may want to have a light afternoon snack about an hour prior to attending. Hydrate before, during and after exercise with plenty of water!

**Please arrive on time, changed and ready to start exercising at your designated time!**