



Personal Training Welcome Packet

Jennifer 'Mother Jai' Lawson – BS, IAC, CGFI, CSFS

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720-939-2531

Hello,

I first want to thank you for choosing me as your grandfather's personal trainer. I am excited to embark on this stage of the fitness journey with him and will do everything I can to ensure that he succeeds. Not only do I want him to be proud of his accomplishments as we proceed, but I also want him to enjoy the process.

Before we begin, I would like you to please read through this short information package. In it is all the information about my program and what he will be receiving in the coming months. I have laid out what we will be doing in classes, in addition to guidelines for support.

Included in this package is also information on how the workouts are going to be presented to him and an explanation of all variables.

Thank you again for choosing me to help your grandfather on his health and fitness journey. I am here for you both every step of the way.

To your health and wellness,

Jennifer Lawson

How the Program Works

To give the direction, accountability and support that are needed there are a couple different facets to this program. I will briefly describe them here.

Personal Training Sequence

We continue to work in each section until they feel confident in their ability to do more and demonstrate the physical and mental ability to move on to more difficult and intricate movements.

- 1. Improving Stability:** we first work on improving stability, so they feel more stable and confident to complete more difficult physical tasks. These static exercises are completed first seated and then standing with support.
- 2. Increasing Mobility:** we next work on improving their confidence in basic movements of daily living. We begin with slow movements and walking to increase core muscle and improve upright position. Then move to lifting and putting away light objects.
- 3. Improving Range of Motion:** as they feel more confident with standing and moving around, we move up to bigger flowing movements like Tai Chi and modified Hatha Yoga. We first complete movements seated to get a feel for them, then we take it standing to increase flexibility throughout the body.
- 4. Increasing Muscle Mass:** once they feel confident with larger movements and have improved flexibility and stability, then we move up to weightlifting combined with a variety of range of motion movements. We want to maintain flexibility while increasing muscle mass. We begin with less weight/resistance and work our way up slowly over time.
- 5. Improving Aerobic Capacity:** now that they have developed stability, mobility, range of motion and muscle mass we can move up to developing more aerobic capacity to help restore the body to its previous abilities. These exercises include High Intensity Interval Training (HIIT) where the heart rate is increased for a longer period with a short rest period followed by another high intensity movement, repeated for 45 minutes. These sessions are typically Silver Sneakers Classic style classes.
- 6. Increasing Flexibility:** now they feel comfortable moving through faster movements with less support we can begin more difficult static stretching and balance tests with Yoga. We begin seated in a chair, then move to a chair for support, then to standing Yoga with no support and finally to floor or mat Yoga. We only progress to the next stage with their demonstrated ability at the previous level.

Personal Training Sequence: Each session will vary completely on their ability level and our current plan of activity. This is a basic outline of our session structure.

- 1. Check-in:** see how they are feeling for the day, if they are experiencing any pain, have any changes to report and what we plan to do for the day.
- 2. Myofascial Release:** we take a few minutes to lightly massage the body in an upward direction, using our own hands to soften up our fascia to prepare it for movement. As we age and move less the fascia is the first thing that stiffens and makes every other movement difficult. A tight fascia is the cause of trigger points and knots in muscles.
- 3. Stretching:** while seated we gently stretch the joints and muscles with short static stretches. We reach the stretch and hold for one long breath. Then move to the next. Gently preparing the body for the warmup movements.
- 4. Warm-Up:** we move through slower flowing movements like Tai Chi (either seated or standing) to get the blood flowing to the muscles and get them warmed up or prepared for more focused movements.
- 5. Movement/Exercise:** this is the focus of the class, our purpose for the day. Depending on their level of activity these movements can be with or without resistance.
- 6. Cool Down:** during this time, we reduce the activity level slowly to bring down the heart rate and breathing. Reducing the blood flow to the muscles and helping the body cool down. These movements include slow flowing and static stretching.
- 7. Breathing:** after every exercise we take a few minutes to consider our breathing habits and practice abdominal breathing. The best way to help the body sweep out toxins (internal and external) is through proper breathing.

Motivational Coaching

When motivation and desire to participate are lacking we will discuss their motivations for doing more for themselves and with their family. I will ask them open ended questions and guide discussions to help them rediscover their determination and commit to their goals once again. Motivation and adherence are the two most important factors for training success.

GUIDELINES

Training Sessions Must Be Short

Long training sessions (anything over 60 minutes; not including the warm-up and cool down) are ineffective for improving ability. Anything after 60 minutes is a recipe for overtraining, stagnation, and boredom. From what I have observed with clients, the performance usually starts dropping after 45 minutes. A shorter session usually means pinpoint focus and higher intensity.

Training Must Be Consistent

If they want to see results, they must do the work, and do it often. We can have the best training sessions in the world, but they will be rendered ineffective without consistency. The frequency of activity ensures a consistently elevated metabolic rate, which means they will be building muscle and eliminating toxins more efficiently well after they stop working out.

The Body Must Recover

Usually, training workouts will be 48 hours apart. If they are still sore/fatigued/exhausted on a training day, they are asked to notify me right away.

Cardio

All cardio prescribed, if any, is **Low Intensity Interval Training**. What this means is that we alternate minimally intense periods of work with periods of rest to begin with. Then as their abilities improve, we will increase intensity (speed/weight). Studies showed that interval training is about 9x more effective for muscle building than traditional cardio, not to mention it reduces the risk of injury or over-training.

Communication

I will report any changes I notice in them, immediately.

If you notice any changes, I have not mentioned please let me know.

Together we can help them to develop their physical fitness and emotional wellness.

My phone: 720-939-2531 My email: motherjais@gmail.com

SAFETY

Throughout my time with your family, I am always diligent of safety hazards and risks. I will ensure they are always in the safest place possible for the activity being completed.

Good Pain vs. Bad Pain - Mild discomfort is part of the exercise process and is necessary for the improvement of performance and physique. We will discuss ways for them to communicate when something does not feel right.

The Burn is good pain. It should be short-lived and during the exercise only.

Fatigue after a workout should leave them feeling energized, but not exhausted. Fatigue that lasts days means they have been excessively challenged and their muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as "over-training" and is not good. I will always ask them to communicate their feeling of fatigue to help prevent over-training.

Soreness is common, especially for muscles that have not been exercised for long periods of time, or when performing new exercises. Soreness typically begins within a few hours, but peaks two days after exercise. This is referred to as *Delayed Onset Muscle Soreness* and is normal when beginning a new fitness program. If soreness continues to the next training day, we will modify the class that day to alleviate the soreness.

Bad Pain – Usually caused by the improper execution of an exercise. Nothing should really "Hurt". Immediately notify me and their physician if they report any sharp or sudden pains, swelling, or any unnatural feelings in joints or ligaments.

It is recommended to perform each exercise with NO WEIGHT to familiarize them with the movement pattern, and to prepare them mentally and physically for the tasks ahead. Warming up is a crucial part of injury prevention and prepares the body for exercise by lubricating joints.

SLEEP

Sleep is important for overall health, including appetite, mental health, happiness, and especially physical recovery.

It is recommended to get 6-9 hours of quality sleep every night. I cannot stress how important this is for both muscle gain and recovery, especially in workout mode.

If they report having trouble falling asleep early, we will discuss forming a sleep ritual. That means I will attempt to convince them to start two hours before they want to go to bed, dim the lights, and unplug from all electronics. Try sleeping with the cell phone in another room. Replace the TV with some light reading. Even scheduling nighttime rituals like meditation, deep breathing or stretching.

If they still report having trouble sleeping, we will discuss using herbal remedies and maybe supplements for additional support. Always dependent upon the medications they are already taking.

Monitoring Recovery

Over the course of their training, I would like to monitor their physical recovery because it is an indicator of how they are adapting to the program. Their sleep quality, mood, and soreness will help me determine whether they are ready to progress their workouts or whether I need to alter the exercises, rest periods, or discuss any nutritional interventions. On a monthly basis we will talk about and record their progress. This will be reported by the method determined at intake.

Scheduling

Scheduling is determined at intake. Any changes made to the schedule must be submitted by email to ensure documentation. Scheduling changes are not guaranteed due to other schedules throughout each day. Scheduling updates will be provided on the first of the month with the monthly invoice.

Cancellation Policy

Cancellation of class the day of will require \$25 cancellation fee. Cancellation of classes with at least 24 hours' notice will be refunded. Classes not scheduled for the invoice period will not be billed. If I must cancel a scheduled class, I will refund the payment made for that class.

Termination of Services

Participation in the fitness program is at will and can be terminated with notice at least 24 hours prior to the next scheduled class. Termination the day of a class will require a \$25 fee. Payments for classes attended must be paid in full within 5 days of termination to avoid collection procedures.

Certifications

Jennifer 'Mother Jai' Lawson BS, IAC, CGFI, CSFS, CPT, RYT-200, SSFlex

- (BS) Bachelor's of Science in Integrative Therapies from Metropolitan State University of Denver - 2012
- (IAC) Integrative Aromatherapy Certification from Institute of Integrative Aromatherapy in Boulder, CO - 2013
- (CGFI) ACE Certified Group Fitness Instructor - 2018
- (CSFS) ACE Certified Senior Fitness Specialist - 2020
- (CPT) ACE Certified Personal Trainer - 2021
- (RYT-200) Aura Wellness Registered Yoga Teacher - 2022
- (SSFlex) Silver Sneakers Certified Flex Instructor
- United Healthcare RenewActive Certified Fitness Program

At the end of 2020, I have earned over 60 hours of continuing education participation in Aromatherapy, Fitness, and Business Development and have accumulated over 1200 hours of group instruction in Fitness and Wellness with Seniors.

Insurance

Beauty & Bodywork Policy BWI110096X

Mother Jai's
c/o Jennifer Lawson
PO Box 1975 Arvada, CO 80001
motherjais@gmail.com
720-939-2531
Date: 03/01/2021

Client Name:

Client Address:

Fee Schedule:

According to the agreement you have entered into, payment for personal training provided by Mother Jai's will be billed to you on the 1st of each month prior to that month's scheduled coaching sessions in the amount of \$50 per scheduled session/class.

This payment will recur each month until such time as it is cancelled by the client. Please consult the cancellation policy section of the Welcome Packet for more details.

Each month's invoice will include the month's scheduled session dates.

Invoices will be sent by email through the WAVE accounting app.

Payment Options:

- Payment is accepted through PayPal at paypal.me/motherjais
- Or through Venmo @motherjais
- You may cancel at any time in advance of your next session in accordance with our cancellation policy. The policy is detailed in your Personal Training Welcome Packet.

If you have any questions about an invoice, please contact me by telephone or email.

Thank you,

Jennifer Lawson

Mother Jai's

<https://motherjai.com>

Personal Training Agreement

This agreement is made between Jennifer 'Mother Jai' Lawson ("Trainer") and ("Client"/Representative) on this 1st day of March, 2021. Both parties agree to the following:

Personal Training is a collaborative process with an ongoing relationship between the Client and Trainer. The training experience supports the Client in establishing new behaviors. The training relationship is strengths-based, forward-looking, and collaborative. The training agenda is developed and implemented in partnership between the Client and Trainer. The role of the Trainer is to help the Client progress toward achieving their fitness goal.

The Client and Trainer agree to engage fully in the training experience.

The Client recognizes that training is not physical therapy, counseling, or medical consulting.

Confidentiality

The Trainer agrees to keep all conversations and information with the Client private and confidential, as allowable by law. No personal information will be shared with anyone without the Client's express permission. Exceptions may be made if there is an imminent threat of serious injury to oneself or someone else.

Coaching Commitment

By entering into this relationship, the Client and Trainer acknowledge that the Client desires to make a behavioral change or some type of physical improvement in his or her life. Behavioral change often takes time to implement and sustain. The pace of change is uncertain and varies amongst individuals. As such, the Client and Trainer agree to a minimum of a 3-month relationship.

Training Session Procedures

Training sessions may occur in person, by phone, or through video conference, depending on the venue that works best for the Client.

The Trainer and Client agree to adhere to established appointment times.

The Trainer and Client agree to begin and finish all appointments on time. If the Client is more than 15 minutes late to an appointment, the Trainer will assume that the appointment is canceled, and the Client will be responsible for the full coaching fee. If the Trainer is more than 15 minutes late to an appointment, the Client may assume that the session is canceled, and the Client shall not be responsible for any payment for that session.

The Client agrees to cancel or reschedule an appointment at least 24 hours in advance, without a change fee. Any changes or cancellations within 24 hours are subject to a 50% cancellation fee.

Training Fees

The Trainer requests a 3-month commitment from the Client. If the Client desires to terminate the relationship, at least 5 days advance notice is required for a full refund of remaining sessions.

Fees are payable at the first of the month, and prior to the training services being provided each month.

Payments may be made by cash, check, PayPal or Venmo.

Client/Representative Print Name _____ Date _____

Client/Representative Signature _____



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Informed Consent

General Statement of Program Objectives and procedures:

I understand that this personal training program may include exercises to build the cardio respiratory system (heart and lungs), the musculoskeletal system, (which involves muscular endurance, strength and overall flexibility), and to improve body composition (increasing muscle and bone and decreasing body fat) Exercise includes aerobic activities, such as walking, bicycle riding, Tai Chi and other aerobic activities, weight lifting using dumbbells, machines and other equipment to improve muscular strength and endurance, as well as flexibility exercises to improve joint range of motion.

Description of Potential Risks:

I understand that the reaction of the heart, lung, blood vessels as well as other systems to exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during the following exercise, which include abnormalities of blood pressure or heart attacks as well as other side effects. Use of weightlifting equipment and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not consistently followed. I understand that personal trainer shall not be liable for any damages arising from personal injuries sustained by client while and during and/or from a personal training program does so at his/her own risk. Client assumes full responsibilities for any injuries or damages which may occur during and/or after training.

I hereby fully and forever release and discharge personal trainer, its assigns and agents from all claims, demands, damages, rights of action, present and future therein.

I state that I have had a recent physical check up and have my personal physician's permission to engage in physical activity.

Description of Potential Benefits:

I understand that a program of regular exercise for the heart, lungs, muscles and joints has many benefits associated with it. These may include a decrease in body fat, increase in muscle mass, improvement in blood fats and blood pressure, improvement in physiological function and decrease in heart disease.

I have read the foregoing information and understand it. Any questions, which may have occurred, have been answered to my satisfaction.

Print Name Client/Representative: _____ Date: _____.

Signature of Client/Representative: _____.