



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACHIEVE YOUR GOALS

Personal Training

Motivation and accountability are at the core of personal training. Certified trainers are instructors who stand beside you at every physical challenge, **encouraging** you to try your hardest and keeping you on track. Through personal attention and expert advice, a trainer designs a progressive plan to help you achieve maximum results and avoid injury.

All of our personal trainers are nationally certified. They work everyday in the fitness field with people just like you. Reach your goals: get started today!

See the front desk for rates and registration form to get started!



PAR-Q & YOU

Physical Activity Readiness
Questionnaire: PAR-Q (revised 2002)

A Questionnaire for People Aged 15 to 69

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

Yes No

- 1. Has your doctor ever said that you have a heart condition **and** that you should only take part in physical activity prescribed by them?
- 2. Do you feel pain in your chest when you take part in physical activity?
- 3. In the past month, have you had chest pain when you were not being physically active?
- 4. Do you lose your balance because of dizziness or do you ever lose consciousness?
- 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- 6. Is your doctor currently prescribing drugs for high or low blood pressure, or a heart condition?
- 7. Do you know of **any other reason** why you should not take part in physical activity?

If you have answered YES

to one or more questions, talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want—as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which programs are safe and helpful for you.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

If you have answered NO

honestly to **all** PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active—begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal—this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

Delay Becoming Much More Active:

- If you are not feeling well because of a temporary illness such as a cold or a fever—wait until you feel better; or
- If you are or may be pregnant—talk to your doctor before you start becoming more active.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form. This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Name: _____

Signature: _____ Date: _____

Signature of Parent/Guardian if Underage: _____ Witness: _____



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Meet Your Trainer: CAMERON FRAZHO



I'VE been active since I was very young. I grew up constantly looking to learn as much as possible about the fitness world. Growing up with a physical therapist for a mother, who also competed in bodybuilding, I had a very unique source to learn from in my adolescent years.

I recently became certified through the American College of Sports Medicine for personal training, but I am by no means new to this. I've helped numerous people throughout the years, even developing workout programs during high school.

I have a very strong passion for fitness as well as this facility as I've been training here since I was 13 years old. I am constantly learning to keep up on the safest, smartest, and most effective ways to improve exercise methods. I look forward to being able to help others achieve their own fitness goals.

Contact me today by email at cfrazho@ymcaoftheprairie.org.



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Cameron's Personal Training Rates

Individual Session

1 (1 Hour) Session: \$26

5 (1 Hour) Sessions: \$117

Group Sessions

1 (1-Hour Session) for 2-4 people: \$18 per person

Workout Plans

Single Written Workout: \$3

Packages

(Two sessions and 3 written workout plans per week)

2 Weeks: \$111

4 Weeks: \$206

8 Weeks: \$380

Contact Cameron at cfrazho@ymcaoftheprairie.org with your name and email to schedule personal training.



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Meet Your Trainer: HEATHER KOHL



Heather Kohl is originally from Gothenburg and spent four years in the US Navy with an honorable discharge in May 2008. She is an energetic self-starter and extremely professional.

She is a model of physical fitness and is able to motivate and encourage others to achieve their highest potential. She was a divisional fitness leader and led 45 personnel on an active fitness programs.

Heather also trained and qualified 12 personnel as front counter representatives and air terminal supervisors.

At the Y, Heather teaches cardio kickboxing and a No Limits Class, which is a high-impact class that blends cardio with strengthening through free weights and body weight.

Heather is a certified personal trainer who wants the best for everyone. She also brings with her a bright personality and a great sense of humor.

Contact her at Heatherjo414@icloud.com or **(308) 529-7114**.



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Heather's Personal Training Rates

Individual Session

1 (1 Hour) Session: \$25

4 (1 Hour) Sessions: \$88

Group Sessions

1 (1-Hour Session) for 2-3 people: \$20 per person

4 (1-Hour Sessions) for 2-3 people: \$120/\$30 per session (Must commit to 4 sessions)

Contact Heather at Heatherjo414@icloud.com or **(308) 529-7114** to schedule personal training.