

imagine

Schimmel
Fitness



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Summer Pre-Season Training Program

Imagine yourself 12 weeks from now! Do you like what you see?

It may not seem like it right now, but warm weather is closer than you think. What are you going to ask your body to do for you this summer?

I am sure you have all been working hard this off season, but now we are moving into the pre-season and it is time to step it up a notch. Mark the date on your calendar, at

Schimmel Fitness, summer pre-season training begins:

Monday March 8th

If you are happy with what you are currently doing and the condition of your body, that is awesome. However, if you are like me and you need a little kick in the butt, join me as I prepare for this upcoming season. I am going to be working on my food intake, following a prescribed exercise plan, and

limiting my vices.

Who's up for a challenge?

Before I start my pre-season training I need to get some base line measures. I am going to have a thorough fitness assessment, from Karen, and I am going to start recording all of my food intake. Once, I know what kind of shape my body is in and how many calories I am consuming I will know where my focus needs to be.

Summer Pre-Season Training



2010

If you would like to join me for the Summer Pre-Season program the cost is \$99. If you have non-member friends or family who are interested, bring them along. Non-member cost is \$199 for the 12 week period. The price includes full membership and the pre-season program.

Before	March	April	May
<p data-bbox="120 239 282 436">We Begin</p> <p data-bbox="120 478 410 940"> Fitness Assessment <ul style="list-style-type: none"> • Functional Movement Screening / Flexibility • Core Strength • Body Fat • Girth Measurements • Cardiorespiratory Goal Programming <ul style="list-style-type: none"> • Set your goal • Increase Awareness • Create Strategies / Short Term goals • Support meetings • Fitness Mission Statement • Contract with yourself </p> <p data-bbox="120 978 418 1310"> Completion Date: <u>March 6th</u> Contact us to schedule your first appointment NOW. </p>	<p data-bbox="483 260 776 575"> 1st Open House Week long open house. Bring your friends and family as your guest for the entire week. Free Spinning /Sunlight Sauna / Chair Massage & Fitness consultation </p> <p data-bbox="483 716 669 842"> 8th Training Begins PHASE 1 </p> <p data-bbox="483 1037 760 1352"> 29th Rewards week. If you completed your tasks, regardless of outcome, you have earned free coffee / tea / Protein-shakes and snacks at the coffee corner </p>	<p data-bbox="846 260 1110 653"> 5th Begin Phase 2 Assess your progress and revisit your goals. Contact Bill, or your personal trainer to schedule a follow up appointment and change your work-out </p> <p data-bbox="846 716 1084 848"> 12th HALF WAY </p> <p data-bbox="846 1037 1133 1352"> 26th Rewards week. If you Are still on task, regardless of outcome, you have earned a free Sunlight sauna and a 20 minute back or foot massage. ENJOY! </p>	<p data-bbox="1203 260 1468 428"> 3rd Begin Phase 3 Assess your progress and revisit your goals. </p> <p data-bbox="1203 470 1500 653"> Contact Bill, or your personal trainer to schedule a follow up appointment and change your work-out </p> <p data-bbox="1203 716 1425 947"> 17th <u>Home stretch</u> 2 weeks to the finish line. </p> <p data-bbox="1203 1037 1490 1318"> 28th YEA!! Post testing begins. REAP YOUR REWARDS: 75 minute full body rejuvenation massage </p>

The next step is the most important. It is easy to make an exercise plan, it is easy to make a dietary plan, the hard part is doing it. "Just doing it" is the product of a mind set. That mind set is created and cultivated through Goal Programming. Goal programming takes the focus off that big 12 week goal and breaks it down to 9 doable tasks. By focusing on small easily attainable behaviors you will increase your chance of success tremendously. Much more than just setting a goal... this

will be my path to the finish line. This is how I organize my thoughts and create the strategies I will need to be successful. Although living a healthier lifestyle and having a better body are all the reward you should need, we are going to offer some great incentives along the way for behavior compliance and goal attainment.

One BODY / One LIFE / live WELL

Bill Schimmel



Flippy floppy living well