

If you are new to fitCAMP here are a few tips:

- Try to arrive a little early to get settled. We will meet in the lobby of the Club and then proceed to the training area which is just west of the Club in the same building as the Sunny Street restaurant at 277 Nationwide Blvd.
- You do have the option of attending any of the training times/day offered.
- If you do not have a parking pass, you can park in the Neil Ave garage, just bring your ticket in for validation. You get two hours free parking.
- Bring water as we train in remote areas and do not have ready access to water. If the temperature is in the upper 50's there is a good chance we will go outside so dress in layers so you can put on or take off clothes as necessary.
- Come prepared to work hard, get your mind right and embrace the challenge. When it is over you will feel great!
- Be sure to eat 1-2 hour prior to training. I know this is tough to do in the morning. Working out on an empty stomach will cause you to have very little energy and you are going to need all the energy you can get. Find something you can easily digest. Combining a protein and carb works well. Peanut butter, whole grain breads, fruit, veggies, nuts, yogurt, energy bar ect. Also drink plenty of water throughout the day.
- Most exercises will be performed for time to allow people of differing fitness levels to get an appropriate amount of work. Factors that will influence achieving this, is the amount of resistance you use and the speed or intensity in which you perform the exercise. If you are new to training in this fashion you may have to experiment a little to see what works best for you. Better to pace yourself at first and use lighter weights (but not for long).
- If at any time you feel you need to take a break please do so. The idea is to push yourself past your comfort zone but it is no good if you become light headed, dizzy or feel sick.
- You may also experience some muscle soreness, hopefully not the kind where you can't sit down or stand up. If this happens to you, brisk walks or light jogging, stretching, a warm bath and ibuprofen will help. The initial soreness will pass in about a week as long as you stay consistent with your training.
- If you do not feel comfortable performing a particular exercise let me know and I will give you with an alternative.
- The more classes you can attend the more effective the training will be!
- Payment can be made prior to the first class by cash, check (Arena District Athletic Club) or credit card. You can pay online at <https://www.joinmyhealthclub.com/Competejol/500074> or at the front desk. Club members will be charged on their house account unless you tell be otherwise.
- If at any time you have any questions or concerns feel free to contact me

Have a fit day,

Bill Brown

Personal Trainer & fitCAMP Instructor

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