

Y Not Personalized Fitness

Philosophy

Several years ago, before fitness became big business, the pursuit of health was not so confusing. But now, with everyone swearing by his or her special program, it is not easy to find the truth. One person makes claims of a new diet; the next raves about the latest video and another drags you into a health club that promises fast results through new technology.

Unfortunately, however, these programs often subject you to their terms without any consideration for your special needs and desires. Further, these programs work temporarily – until you become dissatisfied, bored, or even worse – injured!

Y Not Personalized Fitness gives you a refreshing alternative to this mass-market approach. We will provide you with a physiologically and scientifically sound program that is customized to meet your needs, not only as they are now, but also as they develop.

Your program will be a comprehensive lifestyle plan, and will include instruction in cardiovascular training, nutrition, flexibility, resistance training and biomechanics techniques. You will learn safe and effective techniques and the reason for each exercise. Rather than a flurry of mindless activity that gets you little more than sweaty, you will get a program that provides the tools to accomplish your goals. As the cosmetic results become apparent, the true meaning of the Y Not Personalized Fitness (YNPF) philosophy comes to surface. The glow you will wear from a heightened state of self-confidence, increased energy levels and reduced body fat, will become undeniable. If you spend the appropriate amount of time training, you will hail the benefits of lowered risk of cardiovascular disease, and become more agile to freely engage in the sports and recreational activities you really enjoy.

To obtain these results we will need your cooperation, enthusiasm, and commitment. We must work as a team, giving 100% of our energy. Throughout your workouts, be as open as you can. Tell us how you feel, ask whatever questions you have. This is your training program, and can only work if you are actively involved.

To become fit, you should schedule at least two training sessions with us per week. In addition, we will guide you to perform three to four workouts on your own. We will map out these workouts together, so that you will feel comfortable completing them on your own. After three to five weeks you should begin to see results. We will periodically reevaluate your training program to further enhance the benefits you can expect from efficient exercise training. The constant supervision and adjustment is an essential feature of responsible fitness programming.

In addition to discussing your situation, needs, and preferences, we at Y Not Personalized Fitness, pledge to work so that these needs are satisfied. That way, the fitness level you achieve has the tailored fit that you would be proud to wear. So, Y Not?