

A Fit Place

FAQ's

1) **Q: How does online training work?**

A: Just like in-person training, but without the physical presence of a trainer. You will go through an initial consultation with your trainer. You will get set up with your own personal login information to access your site. Only you and your trainer will be able to access your information, keeping it completely confidential. From there your trainer will be able to develop a customized workout program based on your goals and needs. Rather than having a set appointment time for accountability like in-person training, you will have accountability workout and nutrition logs to send to your trainer. Feedback on those logs will help keep you motivated and on track. Another great way to keep contact with your trainer and enhance your success rate is through weekly accountability phone calls with your trainer. These calls are for you to ask questions, voice concerns, get feedback and stay motivated.

2) **Q: What are the benefits of training online vs. in person?**

A: There are SEVERAL benefits. For **one**, you get a weeklong workout, not just 1 or 2 hours a week with your trainer. **Two**, you don't have to meet someone at a certain time each day. You can workout when it's convenient with your schedule. **Three**, it's MUCH more friendly to the pocket book. The most expensive monthly package is what some trainers charge for 1 session. Can't beat that! **Four**, you have more ways to stay accountable...daily food logs, daily workout logs, unlimited email with your trainer, phone calls once a week.

3) **Q: Does it really work?**

A: YES!!! Check out the "testimonials", these are real people, seeing real results! You are given the workouts, the motivation, the accountability, and the knowledge it takes to succeed. Just like in-person training, you just have to do what your trainer asks for and you will definitely see results.

4) **Q: What if my workout time is limited?**

A: If time constraints seem to be what's keeping you from getting your workouts in, then A Fit Place is definitely for you! You will work directly with your trainer to develop a "workout schedule" that fits your every day life. Short, high intensity workouts will definitely get you in shape and not interfere with your life. It will actually give you more energy and mental focus to make it through your busy day.

5) **Q: What if I don't have any home equipment and don't belong to a gym?**

A: Well, then you're saving the membership fee from the gym and you don't *need* equipment to get a good workout in. With just using your body weight, you will be amazed at the difficulty of a workout. If you have access a full gym or no equipment at all, your trainer will set you up with an effective workout to help you reach your goals.

6) **Q: I travel a lot for work. How is this going to fit my routine?**

A: A Fit Place online personal training was made for you then!!! You will be able to access your workouts wherever you have Internet access. If you know you will not have Internet where you will be going, that's okay too. You can print out your workouts before you leave and have them with you while you're gone. This works well on vacations too - you never have to miss a workout!!! ☺