

# Fitness Program Checklist

Before joining a fitness program, you should find out this basic information about the instructor and the program. Here is a check list you can follow.

The instructor has a valid fitness certification	
The instructor conducts health screening	
A waiver/consent form is provided	
Payment and refund information is clear	
Instructor is prepared and welcomes everyone	
Instructor provides constructive feedback to everyone	
Instructor pays equal attention to everyone	
Exercises are adapted to modify intensity	
Instructor encourages challenge with no pain	
Instructor can explain purpose of each exercise	
The instructor has consent forms to take photos	
The instructor ensures all documents and photographs remain confidential	
Exercises are safe and functional	
Focus is on exercise progress	
Instructor encourages commitment	
A trial session is available	
Instructor is not belittling, rude or flirtatious	

Once these criteria are met, then you can decide if the program is right for you.

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