



Working and Learning In Sport and Fitness

One to One Consultation

Rachel:

Hi there, I've got a consultation with Ade. Hi nice to meet you.

Ade:

Hi, nice to meet you too, my name is Ade. I'll be taking you through your consultation today. Have you come from far?

Rachel:

No I just live round the corner which is good.

Ade:

Oh that's good.

Rachel:

So have you got a busy day today?

Ade:

Yes busy, especially from 5 o'clock.

Ade:

Rachel you've filled out your par q forms so that's fine and you've had your blood pressure taken, what we'll be going through today is a lifestyle analysis form. I'll just be asking you a few questions. The first one is, what's your current level of activity?

Rachel:

As in how often I exercise?

Rachel:

Yep, yep I am.

Ade:

If active state your mode of exercise or exercise preferences, what do you like?

Rachel:

Probably walking and running.

Ade:

Ok, that's good because you're more likely to stick to your exercise routine if you do what you enjoy in the gym so we like asking people, our client members, what they like doing so we can set them a programme, so we can do that. With the resistance exercise what are your preferences, free weights, cables...

Rachel:

What does cables mean?

Ade:

Cables is more dynamic, more functional but the exercise is specific as well, with the cable you need to be able to be in the right technique to do the exercise, but with the machine, the machine does the positions for you.

Rachel:

Yeah, I think I've done the machines.

Ade:

Ok, free weights or machines?

Rachel:

Machines, yeah.

Ade:

Do you do other forms of exercise?

Rachel:

Yes, I do yoga as well.

Ade:

Oh, that's good. Because people tend to forget about flexibility, it's also a component of fitness as well so not just your cardio, your weights, your tone up but flexibility as well is a great way to reduce your risk of injuries.

What are your main goals, what do you hope to achieve?

Rachel:

Tone definitely and general fitness.

Ade:

The last one is your lifestyle analysis, are you a smoker?

Rachel:

Yes I am a light smoker?

Ade:

A light smoker? Is that a heavy or light smoker?

Rachel:

Well I consider myself a light smoker, I'm a social smoker.

Ade:

Ok. So how many sticks a day?

Rachel:

Not very many, I normally just smoke when I have a drink, so maybe one a day or a few at weekend.

Ade:

Sure?

Rachel:

Yeah.

Ade:

Are you currently following a sensible eating plan?

Rachel:

Yes I have a healthy diet.

Ade:

Do you have any other considerations; anything you think might help in setting you a programme?

Rachel:

No. It's really just variety and just keeping me motivated and changing my programme regularly so that I don't get bored, is my main concern.

Ade:

We've thought about that as well, what we do in this gym, every six to eight weeks, after setting you a programme we do have a review. If you're a low user we give you a call just to motivate you and if you're a high user that comes into the gym quite regularly we also send you an email saying, oh, well done, you're doing well with your exercises, and if there is any thing we can help you with we can do that.

Rachel:

Ok, great. That's good.

Ade:

Is there anything you'd like to know?

Rachel:

No I think that's it.

Ade:

Ok, well thank you very much I enjoyed that.

Rachel:

Thank you for your time, it was nice to meet you.

Ade:

Nice to meet you too. And hope to see you around.