

**PHEW Fitness**

**Name:** Anthony Wood.

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**PHEW Fitness contract.**

Hello, my name is Anthony and welcome to PHEW Fitness.

Before we start the sessions, I need to go over a few things in order to explain what service is being offered, what to expect from personal training and the working contract regarding keeping everything safe, ethical and legal.

Please feel free to ask any questions along the way that I will be happy to answer regarding the contract and our work together.

I like to get the clients involved so we talk through the contract and then give you a copy to sign and to take home in case you ever want to go over it again.

**About the Personal training service:**

I am a fully qualified personal trainer. I train a wide variety of clients and offer group sessions as well as 1 on 1. I work hard to create a positive, empowering and life changing experience for each individual and my main goal is to empower and help you reach your full potential and gain a more positive mind set.

I have a wide range of programme options for my clients, tailored for goals, fitness levels and lifestyles along with diet plans and advice every step of the way!

**Insurance and memberships:**

I am first aid trained and fully insured as a personal trainer. I have years of experience in fitness and weights, and I do not overcomplicate things for you, meaning I will push you to your limits however I will not try to kill you with silly exercises or diets. We will work together to design a beneficial program that will have guaranteed results if you dedicate yourself and commit to the plan weekly.

**Policies and procedures:**

I will use my skills and knowledge to design a safe programme of exercise that will take into account the personal goals, fitness levels and exercise likes and dislikes of the Client.

I will provide the coaching, supervision, advice and support that the Client may need to help achieve their goals.

The Client's progress will be regularly monitored, and the programme revised and adjusted accordingly.

I will provide all necessary equipment and will organise appropriate venues for all the training sessions if required.

All Client information and any media will be kept strictly private and confidential in line with the GDPR. If the trainer requires further medical information from a practitioner, the Client will have to provide such details.

It is understood between Client and PT that both will commit to the programme and give 100% effort.

The Client is required to arrive 5 minutes prior to a training session so that a full session can be achieved each visit.

The Client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

The Client is required to bring an appropriate water bottle, filled ready for the session and any sustenance required by the Client for pre or post session nutrition.

All Client's must complete a referral form before commencing any exercise programme. The Client may be required to provide a letter of 'medical clearance' from their GP if you have any serious conditions. Please be aware a GP may charge for this.

PHEW Fitness or your personal trainer will not be liable for any injuries sustained from any exercises or diet that the client will engage in. Every activity or diet plan will be monitored in order to avoid any possible injuries by making sure the client is using the right weight, posture, speed and has a diet plan that is safe. Risk assessments will be carried out before using any machines or weights and it is the client's responsibility to listen to the advice and instructions and to keep their focus on balance and mobility while taking part.

I will always follow the correct procedures into making the sessions a safe and ethical environment to work out in and therefore would have to refuse to train you if you turn up under the influence of alcohol, drugs or in some cases, newly prescribed medication that is affecting you train properly.

If the client turns up to the session under the influence of drugs or alcohol the client would not be entitled to change the date and would be expected to pay the full balance of the session before continuing any further sessions. It is not safe to use any machinery while intoxicated and you would be refused entry into any professional gym. If the balance is paid after, I would need to have a consultation with the client about if they needed signposting for support and if this is going to cause any more problems within our sessions.

If the client has been prescribed new medication that may affect their training, they must inform me right away in order for me to assess if it was safe enough to train the client and to adapt the sessions accordingly. I may also need a letter off a GP to confirm this, depending on the dosage and side effects of the medication. If the client does not inform me about the new medication and is unable to train on the day, they will not be entitled to change the date of the session and it will need to be paid in full to continue any further sessions.

I cannot guarantee any results if you do not stick to a diet and exercise plan. It is the client's responsibility to work hard and have discipline and consistency outside of the sessions in any goals being archived. I cannot control your actions, what you decide to do in outside of the sessions is down to you, my job is to advise, motivate, empower, and teach you new techniques, exercises, stretches and diets however I cannot force you to engage and follow, that should be a choice you want to make. I cannot offer any refunds if you do not archive your goals set out however I will do my best to help you archive them with the time we have together.

**Professional boundaries:**

The working relationship includes boundaries between the client and personal trainer which relates to any type of relationship outside of sessions. For example, any contact should only be regarding our sessions and within working hours. This can be through phone calls, emails or text messages.

I like to remind clients again that this is a safe non-judgmental environment in which it is important to be yourself during the sessions, I will require you to be motivated and dedicate yourself to hard work. I will not tolerate any inappropriate behaviour such as criminal damage or any type of physical, verbal or sexual abuse or threats made towards me. In this event you will be asked to leave the session immediately and you would be reported to the police if necessary.

**Sessions:**

The sessions we have together are on a one-hour basis and the recommended number of sessions fluctuate depending on your goals. I am flexible on sessions and will do my best to work around your hours and days.

If I felt, I was not the right personal trainer for you do to my limits of proficiency, we would talk though making a referral that will benefit your needs more so you know you will be getting the correct. Training. For example, I am not a physiotherapist so I cannot diagnose or manage any conditions that you may suspect you have and would strongly advise going to your GP for a referral to see a qualified physiotherapist. I tend to assess this in your free 20-minute consultation call to save time and money. If at any point you feel you would like to stop the sessions, it would be completely fine to do so but I politely ask you to let me know as soon as you have made this decision. I will not be offended as you have the right to change your mind.

The time of your sessions belong to you, if you turn up late, I can still train you, but it is important to end our sessions on time which will result in our sessions being shorter. I can only train one client at a time unless a group session has been agreed to and paid for. If you need someone with you while training or need to bring someone with you as a one off, you must inform me so I can make any adjustments if needed.

We will keep a record of weight, body fat, physical fitness, and performance each session in order to progress. We will also look at positive changes to your lifestyle such as sleep and routine and bad habits you may need to quit which will help with mood, stress, confidence, energy, and most of all health benefits.

**Bookings, fees and cancelations:**

Bookings are confirmed with a non-refundable £15 deposit. You will receive an invoice and confirmation of booking. Please reference the number on the invoice while making any payments.

**All bank payments need to be made to the following details:**

**Name:** A PHEW Services Ltd.

**Sort code:** 30-95-96

**Account Number:** 31534760

Payments can be made through bank transaction or cash on the day however the full balance must be paid before the start of the session.

The deposit can only be carried over to a different date or time if agreed and I would need at least 24hours cancelation notice before your session is due to start. If you do not turn up for a session without any notice given, the remaining balance will be outstanding, and you will need to pay the balance before returning for any further sessions.

If you cancel more than two sessions without a valid reason, I will have to cancel the sessions altogether as it may not be the right time for you to commit to your goals and I have a waiting list of clients. My time and service needs to be respected and valued for us to successfully work together.

If in an event I cannot make it to session I will contact, you as soon as possible in advanced to rearrange or refund any deposit if requested. Please be reassured that I value your time and I will prioritize your sessions so this will only be down to emergency situations or illness.

**First session:**

After reviewing the contract, I like to go through your referral form which you have answered to clarify all the information is correct and explore any answers with you. At the start of the session, I will welcome you and offer you a chance to get settled and we will design any plans for workouts or diets that will be appropriate for you. This will be reviewed each week and adjusted for you to gain more results. I will double check your height, weight and body fat to keep record of progress each week and we will keep a diary for your exercise and diet which I will require you to keep up to date outside of sessions. When starting any exercise, it's important to stretch our joints and muscles to avoid any injuries which normally lasts for around ten minutes.

I will also end the sessions with stretches to assess any strains or muscle aches that may need attention.

I advise that our sessions stay clear of distractions so if you have a phone you may want to put it on silent unless you are expecting an important call that needs to be answered. I will ask to take a photo for a before and after progress picture, but this is completely optional. If you agree to this, you will then have the option of opting in or out of being posted on any of our PHEW Fitness social media pages. If you agree to be posted on social media, I will always ask permission to take any videos of our sessions to post. If you wish to

opt out but would still like a before and after progression picture, I will store the pictures until the last session to create a combined image to send to you and then would delete the pictures out of my phone and recycling bin while you are present.

Lastly, I want to reassure you that any videos taken will be short clips and I will not have my phone out for the whole session, this may be once or twice while doing an exercise and it is your choice whether you want to opt in or out, I will completely understand and respect your decision.

If you have any queries, concerns or problems during the sessions please do not hesitate to ask if there is anything you need. If you have a complaint about anything, please inform me so we can try and resolve the matter as professional and efficiently as possible.

By signing the contract, both the client and the personal trainer agree to respect and follow it.

You will be given a copy to take home and the personal trainer (Mr Anthony Wood) will also keep a copy.