

#Perfectfit4u

Healthy. Happy. Balanced

HELLO, Welcome to #Perfectfit4u!

Your personal guide to the beginning of an INCREDIBLE journey is beginning NOW.

The following document outlines all of the corresponding information in respect to your custom programming. Reading this information along with your program is important.

Please see the contact information below to address any questions or concerns you may have pertaining to this document.

Please Note: Participants of the Perfectfit4u program should seek their own professional counsel for any medical condition before starting or altering any exercise or dietary plan. Statements expressed in your plan are not intended to be a substitute for professional medical advice.





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CONTACT INFORMATION

Perfectfit4u Official Check-In's:

Official check ins with your coach are required 1x every 3-4 weeks throughout the length of your program. Your coach will utilize all information given during your official check in to provide you with proper feedback and to construct continued program alterations. All virtual clients are responsible for scheduling a check in with their coach every 3-4 weeks.

All check-in appointment times can be booked through Perfectfit4u Administration or directly through your coach via email. We ask that all check-ins are accompanied by current progress photos which can be sent directly to your coaches' email prior to your scheduled meeting time.

Perfectfit4u Programming Questions or Concerns:

When struggling with your nutrition, training and health goals or needing additional support, we ask clients to please reach out to your assigned coach at any time through email message. You are not required to wait until your official check in time to propose a question to your coach. All Perfectfit4u Coaches are available through email during regular office hours.

From Monday- Friday 9AM-5PM all Perfectfit4u Coaches guarantee a 48-hour response to all questions or concerns. Messages sent over the course of weekends or STAT holidays will be replied to upon your coaches return to work. If your coach will not be available for any reason for an extended period of time, this will be accurately communicated with you and an alternative coach will be assigned for any questions during your coach's time away.

Perfectfit4u Administration:

Our administrative team is available during office hours via email or phone to assist you with any questions pertaining to your program payments, contracts, payment plans, new client consults, start date options, client intaking process, Bod Pod and personal training appointments.

Phone: 587-425-3663 (FOOD)

Email: info@perfectfit4u.ca

Perfectfit4u Social Media:

If you feel comfortable sharing your fitness journey online, PLEASE tag @perfectfit4u, #Perfectfit4u or your custom coach to your social media posts (Instagram, Twitter, Facebook, etc.). Perfectfit4u prospers due to our online connection with our current and potential clients. Anything you share is appreciated and never expected. This is your journey- as confidential or open as you desire it to be!

NUTRITION INFORMATION

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Water:

It is important that you purify your body and get rid of toxins to work at your best! Perfectfit4u recommends that you drink **3-4L of water per day**. We promise, your metabolism and your liver will thank you. This 3-4L will include water with calorie-free sweeteners (ex. Crystal Light/Mio), water with lemon/limes and water containing Branch Chain Amino Acids and/ or Protein Powders. Stay hydrated and watch your progress soar!

Spices, Condiments and Additives:

Spices can always be added to your meals for additional taste. At Perfectfit4u, we suggest trying sodium-free alternatives (Mrs. Dash © seasonings and Flavor God© spices are both good choices). Our coaches encourage our clients to SPICE it opposed to SAUCE it as a general rule. Try to keep things interesting by trying new herbs and spices with your meals. Some suggestions are listed below:

Hot sauce, soya sauce, salsa, low sodium vegetable or chicken broth, mustard, Walden Farms Cal-free condiments, onions, garlic, ginger, cilantro, dried chili flakes, taco/popcorn seasonings, salt and pepper, lemon or lime juice and vinegar.

Crystal Lite, Mio, Diet Sodas (Diet Coke, Fresca, etc.) are OK to consume in moderation. Our coaches do ask that you please limit your Cal-free drinks to **1 per day**. Coffee and Tea are both acceptable throughout your program as you desire. Using sweeteners (Splenda, Stevia, etc.) opposed to sugar and small amounts of unsweetened almond or cashew milk opposed to whole milk or cream in your coffee/tea is encouraged. If creamers and sugar are non-negotiables for you, please discuss this with your coach as to accurately account for these items in your personalized plan.

For more examples of additives that are acceptable for your personal program, please review the additive list on the initial pages of your person program that have been prescribed by your coach.

Alcohol:

Alcohol consumption is not advantageous while trying to get healthy, fit or while attempting to lose weight. It is known that alcohol contains no nutritional value and can also prevent absorption of other vitamins and minerals. Alcohol is known to lower testosterone levels and decrease muscle protein synthesis (muscle growth) while also dehydrating the body. Fat accumulation and muscle loss are both caused by excess alcohol consumption. It is recommended that alcohol is avoided during your program unless this is accounted for in your personal plan. If casual beverages are part of your lifestyle, it is important this is discussed with your coach.

Portion Sizing:

Please be aware that your portion sizes are created for you based upon the information that has been provided in your client intake, consults and personal feedback. Please talk with your coach if you are feeling over/under fed as you progress through your program. Your portion guidelines can be adjusted accordingly to ensure that we avoid depletion and fatigue at all times. Please know that the Perfectfit4u program will not require you to restrict yourself to be successful— rather, we need to ensure that you eat until satiation and that those differences are relayed to your coach. Communication in regard to food abundance is critical.

Vegetables:

When referring to vegetable options throughout your plan, your coach has accumulated a list of which vegetables are suitable for your personal program and these are listed on one of the initial pages of your nutrition document. If you wish to have anything specifically included that you do NOT see on the lists given on your custom plan, please chat with your coach and they can adjust your list.

Recipes & Meal Ideas:

Perfectfit4u has created a “Meal Recipes & Ideas” book available for download on our website. This book contains motivational quotes, interesting food facts, and recipes that may work in correlation with your plan or provide you with potential ideas. The last page of our recipe book provides a weekly “Meal Plan Chart/Planning Guide” that will aid in organizing and preparing your meals. The purchase of this download is optional and readily available on our website as an e-book throughout your program’s length.

Perfectfit4u E-books:

Perfectfit4u has created multiple virtual e-books to support you along your health and fitness journey. Namely, Perfectfit4u Guidebook and Fitness-On-The-Go manual. The Guidebook provides macronutrient knowledge, snack combination ideas, restaurant and eating-out choices and many goal setting, nutrition and fitness trackers. The Fitness-On-The-Go manual provides bodyweight and minimal equipment workouts for those who travel often, use hotel gyms or enjoy working out from home with minimal equipment. Both of these e-books are available for download on the Perfectfit4u website.

Perfectfit4u App (Available for iPhone and Android):

If you are interested in logging your food intake to keep you on track and accountable to your plan or are wanting to see detailed demo videos of your workout plan, the Perfectfit4u App may be a great addition to your programming. Our customized app is designed to allow Perfectfit4u clients the ability to utilize a large database of food items (or the ability to add your OWN food items) to accurately create a daily “Food Diary”. Our app will also provide demo videos of all exercises that are listed on your workout program and will allow you to keep body composition stats and graphs to watch your progress unfold over time.

Perfectfit4u clients can receive a login username and password for \$3.99/month. Please contact our administration staff or your personal coach if you are interested in obtaining access to this at any point during your program’s length.

Body Composition Testing at Perfectfit4u:

A Bod Pod © is a Body Composition exam that uses air displacement technology to accurately determine body composition, metabolic rate and body fat percentage. The test will determine the following metrics for each participant:

- *Body Fat %*
- *Fat Free Mass and Fat Mass*
- *BMR (the minimum caloric intake required to maintain current weight at rest)*
- *TDEE (the estimated caloric intake required to maintain current weight with daily activity included).*
- *Thoracic Gas Volume (the estimated lung capacity of the participant)*

The Bod Pod © is a scientifically proven way to accurately track a client’s progress without depending on the scale and is highly recommend for clients who are within driving distance of our facility. Bod Pod © exams can be purchased in addition to any coaching program

Personal Training & Fitness Assessments at Perfectfit4u:

Perfectfit4u offers 1 on 1 private personal training in our boutique gym environment to any Perfectfit4u client within driving distance of our facility. Clients may hire a Perfectfit4u trainer to gain more knowledge and/or accountability with their fitness routine. Sessions can be purchased as singlets or in bulk packages dependent upon your needs. Monthly Fitness Assessments or weekly personal sessions will aid in your success with any strength or weight loss goal. These sessions can be booked through your personal coach or with the Perfectfit4u Administration.

TRAINING INFORMATION

Frequently Used Terms:

REP	The number of times you repeat a given movement within an exercise. Ex. 12-15 reps.
SET	A group of reps to be completed. Ex. 3-5 sets.
SUPERSET	Two exercises in one set performed back to back with no rest.
TRISSET	Three exercises in one set performed back-to-back to back with no rest.
CIRCUIT	Any number of exercises in one set performed back to back without rest.
RPE: Rate of Perceived Exertion	How much effort you feel you're putting into the current exercise measured on a scale of 1-10 with 10 being the hardest you could possibly be working.
AMRAP/AMAP	Stands for As Many Reps as Possible/As Many as Possible
ACTIVE REST DAY	Active rest days are implemented to give you the choice to try something new or complete an activity that you love! Any activity that increases your heart rate and gets your moving for the allotted time frame noted by your coach is acceptable for an Active Rest Day (" <i>Activity of Choice</i> ").

Warm Up:

If there is no warm-up specified in your workout, please choose from one of the following:

LIGHT CARDIO WARM UP	Steady state cardiovascular activity to be performed on low impact equipment such as a treadmill, elliptical or stationary bike for approximately 5 - 8 minutes. In the latter 3 minutes of this warm-up, you should be reaching between a 6 and a 7 on your R.P.E.
FULL BODY ACTIVATION WARM UP	Utilize movements that encourage blood flow throughout the entirety of the body for approximately 5 - 8 minutes. Ensure that all movements are low impact and utilize only bodyweight to prevent injury. Movements can include: <i>Arm circles, Arm raises, Jumping Jacks, Walking Lunges, Air Squats, Side Lunges, Calf raises, Planks, etc.</i>

TRAINING INFORMATION

Weight:

The weight you choose for your resistance exercises will be of vital importance. Please choose a weight that challenges you, unless injuries are an issue, or the specific weight is listed directly on your plan from your coach. If after your first set of reps is complete, you feel as though you could complete multiple more reps with good form (3-5+) then you should be choosing a heavier weight. If you find yourself unable to perform the prescribed number of reps with proper form using the weight you have chosen, then you need to choose a slightly lighter weight next time to get the maximal return from your exercise. Please note that reps and sets of each exercise are noted on your personal plan, but the choice of weight will be a personal decision unless this has been discussed with your coach directly.

CARDIO TYPES:

Low Intensity Steady State (LISS):

Steady state cardiovascular exercise performed on any cardio equipment of choice, such as a treadmill, elliptical, stepper, stationary bike or outdoors. LISS cardio includes any form of low intensity cardio training where you maintain the same pace for a set period of time. LISS cardio should be performed at a 4-6 RPE.

High Intensity Interval Training (HIIT):

HIIT, or *High-intensity Interval Training* is a training technique in which you exert one hundred percent effort through quick, intense bursts of exercise and follow this by short, active, recovery periods. Your training program will state how long you should be performing each bout of exercise. Below you will find the expanded versions of some possible variations of HIIT cardio that may be mentioned on your personal plan. You are to continue the pattern noted in your programming until the total time prescribed is complete.

HIIT CARDIO (30/30)	This version involves consecutive 30 second all-out periods (8-10 RPE) with 30 seconds of recovery (4-5 RPE). You would complete this pattern until the total number of sprints is complete.
HIIT CARDIO (40/20)	This version involves 40 second all-out periods (8-10 RPE) with 20 second recovery (4-5 RPE). You would complete this pattern until the total number of sprints is complete.
HIIT CARDIO (60/30)	This version involves 60 second/1min all-out periods (8-10 RPE) with 30 seconds of recovery (4-5 RPE). You would complete this pattern until the total number of sprints is complete.



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CHECK-IN INFORMATION

PLEASE BE AWARE THAT ALL QUESTIONS OUTSIDE OF YOUR OFFICIAL CHECK IN'S SHOULD BE DIRECTED TOWARDS YOUR COACH DIRECTLY VIA EMAIL

Progress Photos:

When attaching progress photos, it is important to take accurate photos that display your physique from a subjective perspective in a similar/same outfit and pose each time. These photos consistently need to be comparable to your initial start photos in order to be accurately assessed by your coaches.

Remember: True progress is seen in photos and in the way your body composition changes as we move forward with your program. We use photos to track your progress as the scale is not always the best way to determine your body composition, health and fitness levels. Body Composition Exams (Bod Pod's ©) and progress photos are Perfectfit4u's favorite ways to determine your success with your personal programming.

Weight:

You are not obligated to share your weight with your coach unless this is asked of you for a specific reason. We stress that you do not weigh yourself consistently daily or even weekly throughout your program's length. If your coach requires a weight from you to make particular coaching decisions, this will be directly communicated with you. It is also important to note that women's weight will fluctuate around their menstrual cycle, so taking any weight measurements around that time is not suggested.

Official Check In's:

All current clients are required to complete an official check in with their Perfectfit4u Coach every 3-4 weeks throughout their program's length. The information provided allows for suitable program alterations to be made. Updates to nutrition and training programs are not sent to clients until this check in has been completed.

FaceTime, ZOOM calls, Phone Call or Email check ins are all options when completing a virtual coaching program.

Your 30min check in time can be scheduled directly through your coach or through the Perfectfit4u Administration staff. If you are unable to complete a phone or video call check in for any reason, an email or online template may be requested. It is recommended that all modes of check-in are accompanied by updated progress photos.

All questions and concerns outside of your official check in time should be sent to your coach directly through email

Social Media Interaction:

Perfectfit4u Coaches love to engage with their clients through their personal social media bases and would love for you to follow along. It is important to note that Perfectfit4u coaches are not permitted to answer extensive program questions or concerns through any social media platform. All program change requests must be sent through email to allow coaches to accurately track and access client information during their working hours. Under no circumstances are Perfectfit4u coaches able to keep personal client information, plans, data or photos on their personal devices and therefore the questions they are able to answer through online platforms are limited.

MEMBERSHIP PROGRAM

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Perfectfit4u Memberships are offered to all participants that have completed their initial 12-week Perfectfit4u program within the last 30 days. A Perfectfit4u Membership guarantees participants all of the monthly perks of their previous coaching program without a 12-week contracted commitment.

All participants are given the option to CANCEL their membership with a 30 days' notice at any time.

This program allows clients to continue working with their current coach on a month-to-month basis after their initial 12-week commitment has come to a close or to connect with another Perfectfit4u coach with whom they feel may be a better fit for them while still continuing on a monthly payment program.