
VSU CAMPUS REC

FITNESS & WELLNESS

Personal Training

Thank you for your interest in our Personal Training program. Our objective is to help you achieve your personal fitness goals as well as maintain a positive and healthy lifestyle following your sessions with a certified Personal Trainer. Please take a moment of your time to fill out the attached packet. This packet will help us understand your current fitness levels, your health history, and your expected results from exercising with a certified Personal Trainer here at Valdosta State University's Campus Recreation Facility!

This packet includes:

- Physical Activity Readiness Questionnaire (PAR-Q)
- Participant Information & Health History Form
- Participant ACSM Health Status Form
- Participant Questionnaire Form
- Personal Training Policies and Procedures Agreement
- Personal Training Consent Form
- Participant Frequently Asked Questions

All information in this packet will be kept confidential. Only our certified Personal Trainers, the Graduate Assistant of Fitness and Wellness, and the Associate Director of Fitness will have access.