

JAKE GARNER FITNESS



**Online Coaching
Welcome Pack
2021**

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Hello and welcome to your online coaching journey.

I'm delighted that you have chosen me to be your personal trainer. Whether you live locally or on the other side of the world, by working together I'm confident that we'll be able to achieve your goals, no matter what they are or how big they might be.

I have a genuine interest in your health and wellbeing and I'm here to support you in any way possible as a professional. Getting to where we want to be takes time, but it's easier with some friendly, informative and firm support. Perhaps the most important thing to know; you're not doing this alone.

Where you are now and how much experience you have is irrelevant. Together we can build on established foundations or go right back to basics. Often when people talk about health and fitness they think only of nutrition and exercise. Whilst these are undoubtedly very important components, there are a handful of other ingredients you will need to achieve your goals. Commitment, patience, willing, perseverance and belief. These are five big words that will carry you through. These I can help you gain in abundance. Get ready to see your confidence grow like you've never seen it grow before.

Please have a read through this Online Coaching Welcome Pack. Hopefully, this will help you to fully understand what online coaching is and how beneficial it is for you in reaching your health ambitions and goals. This needs to be done before we move onto the next stage. Once you have read the Online Coaching Welcome Pack, please sign and return the PAR-Q and Disclaimer Form via email. You will find these documents attached to your post consultation email. Once you have done this, please complete the Client Questionnaire and Assessment Booklet. The more information you can give me in the Client Questionnaire, the better I will be able to help you. The assessments I will ask you to do will depend on your goals, age and experience with exercise in the past. Don't worry, everything will be explained. Just enjoy the process. Both these components will also help you to prepare for moving forwards with your online health and fitness coaching.

Just because we are doing this over the internet doesn't make it any less effective than having a qualified personal trainer with you in person. I have designed the online coaching method to combat all the same hurdles that we would face in person. If you have any questions or are just looking for some advice, please don't hesitate to get in touch. I'm here to help *you!*

I very much look forward to working with you.

The journey to the rest of your life starts here.



Jake Garner

Qualified Personal Trainer / Online Health & Fitness Coach / Nutritional Advisor

How it Works, Step by Step

Step One – Let me get to know you

The first thing you will need to do after reading this Online Coaching Welcome Pack is sign and complete the PAR-Q and Disclaimer form. You will need to have done this before attempting any of the assessments contained within the Client Assessments document. All the relevant documents you need to get started will be attached to your post consultation email. The PAR-Q and Disclaimer Form are simply there to confirm that you understand the process of a personal trainer's services and that you give your consent to participate. It also confirms you are medically fit to partake in regular exercise instruction. These must be completed and sent back via email before you start any advised assessments.



Once the boring bits are out the way, fill out the Client Questionnaire. This might sound daunting, but it's really just a chance for you to give me all the information I need to be able to tailor a programme that suits you as an individual. It can actually be quite a fun and rewarding process. Most clients seem to enjoy this part as it helps them to really consider what goals specifically they want to achieve.

All my Online Coaching programmes are entirely different from client to client. The more information you can give me here the better. I understand that some questions may seem personal, but I guarantee that every question I ask is for your benefit. I build my relationship with every client on a foundation of mutual trust where everything discussed is completely confidential, much like that of a medical professional.

When you come to fill in the Client Questionnaire, everything will be explained in more detail before you give your answers. It's not an exam or a way for me to judge your life choices so far, it's simply a way for me to understand your current health, fitness levels and nutritional habits so I can best help you.

Here is some advice when you come to fill this out:

1. **Be honest.** It's of no real benefit to either of us unless the answers you give me are truthful.
2. **Speak Up.** If you have any questions regarding the questionnaire, please don't hesitate to get in touch. I can quickly put any doubts to rest or answer any general questions.
3. **Don't rush this.** Take your time to fill in the questionnaire. Also, when you come to carry out the prescribed assessments, don't worry about how well you perform. You should care about carrying out the given assessments properly in order to get the most accurate results. Make sure this is done to the best of your ability. If you have any issues or are unsure of what to do when you come to do this, just ask. These assessments are extremely short, it's not marathon training. I'm not here to judge your 'score', I'm here to help you improve your life.

Step Two – Commitment

Once you have returned questionnaire and completed the appropriate assessments, we are good to start your epic journey to better health and fitness. It's at this point that you are able to make a payment to Jake Garner Fitness. This is usually arranged via an invoice and sent directly to your email.

Once the invoice has been paid, you will receive the first week of your fitness and nutrition plan within 48 hours. I usually get the client's first week to them in less time than this depending on my availability. I always complete one week with a client before designing their next. This gives us a chance to talk about and assess the strengths and weaknesses you encountered within the first week. A complete breakdown of what to expect in your monthly programme is outlined at a further stage in this booklet.

Step Three – Communication & Training



Based on the information provided during our initial video consultation, the questionnaire and relevant assessments, you will start your first week of training and nutrition under my guidance. This will be based around your own lifestyle, including the availability of gym facilities or equipment at home, your career, your diet and the available time you can give each week. All of these influential aspects will be touched upon in the questionnaire. How you currently live day to day is irrelevant. I can design a programme to suit you. This is one of the many reasons online coaching works so well.

Your weekly programme will detail every workout, exercise by exercise. Each exercise is accompanied by a link to an instructional video. You will only be carrying out workouts and exercises that are specific to your individual needs and goals.

Alongside your weekly workout programme, you will receive a weekly nutrition guide as well. This will be specific to you as an individual, as everybody has different nutritional needs. This will cover your calorie count and the optimal macros for your goals. I also include written advice in your programme each week and additional weekly tasks if you want to really earn some healthy brownie points.

Once a week, at an arranged time, we will have an online video chat to check upon your progress. There is often flexibility with this. It is a chance for you to speak to me live, so ask plenty of questions and use this time wisely. Often your programme will develop and progress on the back of these meetings. For the rest of the week, you may contact me via email or telephone. I am available for advice or queries by this method from 07:30 – 19:00 every day.

What I can give you is an in-depth blueprint for a healthy lifestyle. However much of that you chose to utilise is up to you. Either way, online coaching really works and I'm here to support you a day at a time for as long as you need it.

Achieving Your Goals

Goals give us something to strive towards and a benchmark by which to measure our success. Goals help us to maintain a good level of motivation and we feel great when we achieve them, no matter how great or small they might be. One thing we need to remember when setting ourselves health and fitness goals is to be realistic. Let's define your goals as SMART. Having SMART goals allows us to break them down into manageable chunks. With a little bit of determination and belief that you can do it, this makes your goals very achievable and you'll soon see the results you want.

S is for **Specific** – Know exactly what it is you want to achieve. Be honest with yourself. Only you know what you truly want. What do you want, and when do you want it by? If you're not one-hundred percent sure, I'm here to help you set some great goals.

M is for **Measurable** – It's best to track your progress and see your improvements. This is a great motivational tool. Your weekly programme also works like a gym diary, tracking your progress week on week so you have a record of what you have achieved.

A is for **Achievable** – Know that your goals are achievable if you work towards them. Just because we have goals doesn't mean we start to achieve them automatically. Goals are achievable if we remain realistic. They take time. Know this and you will get there. I'm here to guide you every step of the way and make sure you are always achieving something week by week.



R is for **Realistic** – Be realistic with your expectations and what you are capable of doing. If you are new to exercise, you probably won't be climbing Everest next year. Give yourself the right expectations to avoid disappointment. I always steer my clients in a realistic direction. It's with these clients that I always see success.

T is for **Timebound** – Know what time frame you want to achieve your goals in. Also be aware that results don't happen overnight. The larger the goal, the longer it will take to achieve.

Remember, let's be **SMART** about your goals so together we can make your expectations a reality. Changing or improving your life for the better starts now. I will make sure you have a good, in depth knowledge of how we will tackle your goals in manageable blocks moving forwards.

Your Training Plan Broken Down

Your training plan will be completely tailored to suit you as an individual. This means that I take your experience, any physical limitations and your current capabilities into account. We will build a solid foundation from which we can improve in all aspects of your health and fitness. No two programmes are the same, just like no two people are the same.



What might work for one person is almost certainly not going to work for another. This applies to both fitness and nutrition. It's through the time spent speaking with each other and moving forwards each week with your programme that we can identify your strengths and weaknesses and work on them in a way that is going to uniquely benefit you.

To achieve great things, it's best to take small steps. Taking on too much information at once can be overbearing, demotivating and can just straight up put us off getting into a solid weekly routine of exercise. It's due to this that I like to break your sessions up into monthly blocks. One month of Online Coaching will essentially give you a full block.

The workouts you do during your month's plan will be completely outlined by myself, exercise for exercise. This includes how many times you should be training a week, the specific exercise you should be doing and the amount of rest you should have in-between. Your nutritional guidance will be in accordance with the level of activity you undertake day to day.

I also consider the facilities available to you, whether you own a pair of dumbbells, have a full gym membership or don't possess any equipment at all. I can still give you professional help. You will be given a video link to any exercises prescribed or sent a direct video to your preferred device. You will also receive written instructions with your weekly plan if applicable. If you are unsure of anything when it comes to exercise, just ask.



Here is how a month of Online Coaching works:

Week 1 – Identify strength and weaknesses. In your first week, we will be focusing on your strengths and weaknesses to see where you need to develop most in order to achieve your goals. This is an effective way of building a solid foundation from which to work. Moving forwards, during the first week of every month, we will revisit these weaknesses so you can see how you have improved on them.

Week 2 & 3 – Give the whole body some attention. How we do this depends on how much time you can give to this programme over the course of a week. Again, it's different for everybody. It's important to exercise all the muscles of the body alongside our cardiovascular system for optimal health. A full body workout that engages all of the muscles is ideal to make sure we keep the body in balance. Emphasis will be given to the parts of the body that need it the most to best help you keep your entire body in check. The programme really will be personalised to your individual needs, whether this be stiff ankles, clicking knees or general lack of experience. Don't worry about how you are now, we can always improve our bodies and health no matter what state it's currently in.

Week 4 – Assess. During the fourth week of your monthly block, we will take a step back and assess how you have performed. This is a real motivator. You will visibly see your progress and we can start to discuss what we will be doing in the following month. You will still be carrying out your prescribed workouts and nutritional programme.

This formula works perfectly moving from month to month to best help you reach your long-term goals. Over time we can make small alterations along the way. The beauty of your programme is that it's both flexible and changeable. It would be unwise to set a whole month's worth of programming in one go. The body can experience changes from week to week and we must alter the way in which we help it improve accordingly.

Each weekly programme will be designed to challenge you in a way that makes sure you are heading in the right direction. After each video session we spend together, you will receive a copy of the next week and some additional tasks to complete before our next appointment.



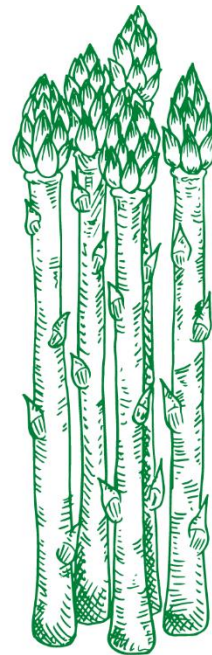
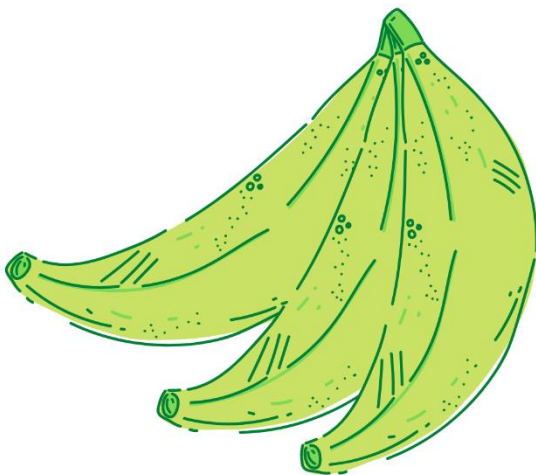
Your Nutrition Plan

Often when we think about improving our health, we automatically think about fitness, long runs and hours of weightlifting. Perhaps the most important aspect of changing our lifestyle is altering our nutritional intake and eating habits. When committing to a regular plan of exercise, it's important that we are eating the right things alongside it.

It can be easy to forget that our diet (the food we eat on a daily basis, not one of the many fad weight loss regimes out there) plays a hugely important role in achieving our goals. The information you give me in the questionnaire will allow me to have a look at your nutritional habits and help you alter it accordingly. Like most things in this game, what I recommend will be specific to you and your needs. Stop reading magazine articles and diet books as they're not person specific and are rarely built on strong research from the field of nutrition. I take a simple and scientific approach to your nutrition. I won't ask you to be monk-like and I won't get you emptying the contents of your fridge into the bin.

Much like the way in which we exercise, different nutritional approaches don't affect everyone in the same way. Before a month starts, you will receive in depth nutritional advice that will cover everything you should be doing with food. We can discuss your nutritional progress during our weekly video calls. Otherwise, feel free to ask for any advice in the week.

During the first week of your programme, I will ask you to keep a food diary. This will allow us to look at the food you are eating on a daily basis so we can best see how to improve it in order to achieve your goals with maximum efficiency. It can be harder to change our nutritional habits more than anything else.



A Message From Jake

“Health, fitness and overall wellbeing is something that everyone should be given the opportunity to achieve, regardless of their current size, shape, fitness or experience. It doesn’t matter. When we look to the future, we can put the past behind us. Changing or improving our lifestyle is *not* easy. It takes patience, dedication and hard work. So, what’s the best way to improve? With some friendly, effective help. That’s where I come in.

My name is Jake. I’m a qualified personal trainer and online health and fitness coach. More importantly, I know what it takes to change your life. I’ve been there myself and believed it wasn’t possible. That’s why I am here now, to tell you it is. Forget about the preconceptions you have about health and fitness. There’s no judgement here, just a genuine interest in your health and the many ways in which we can change or improve it together.

How healthy you are now is irrelevant and shouldn’t be something to be embarrassed about. I know what it feels like to be unfit, to be obese, to lack the confidence to enter the gym and to ultimately feel like you don’t belong. What I can guarantee you is a sense of belonging, irrespective of your current health and fitness levels. Perhaps you are looking to get back to training or maybe improve on the foundations of hard work you have already put it in. No matter where you are now, together we can improve.

What really counts is how we can change your life for the better, to help you achieve your own unique and personal objectives. The benefit of a personal trainer is to give you the support you need to make a change or even progress your current level of fitness. I can offer you the opportunity to gain the confidence you need to reach your goals and push yourself beyond what you thought possible. I’m here to help you every step of the way.

I take a realistic and open approach with my clients that is built on trust and honesty. What we do together remains strictly confidential. My friendly and informative attitude will keep you motivated, encouraged and engaged throughout the whole process. It’s not just a healthy diet and regular exercise that helps us get to where we want to be. To achieve something great, it takes time. This, over all else, is what I offer.”

Jake Garner

