

# WHAT TO EXPECT DURING YOUR FIRST SESSION

To provide you with the best possible experience during your first personal training session with Nu-U Fitness, please read this sheet to be well prepared.

## ***Before You Work Out with Us for the First Time***

1. Make sure you eat something solid about two hours before your appointment.
2. Try to drink a lot of water.
3. Make sure to get plenty of rest the night before.
4. If coming to us from work, pack your gym clothes the night before.

## ***During the Session***

Your first session won't be that hard — the session is designed so that we can learn about your body's strength and weaknesses by performing a series of evaluations. The goal here is for you to do the best you can, but not to overdo it. We are not looking for any feats of Herculean strength! If at any time you feel faint, nauseous, sick, dizzy, or just plain ol' not good, tell your trainer. We will immediately stop whatever we are doing with you. Your health and wellbeing is our primary concern!

*Remember:* The old adage “no pain, no gain” does not apply here!

## ***After the Session***

Be sure to keep drinking water to keep yourself hydrated. This can prevent you from having a bad recovery. Make sure you eat within a two-hour period after training. We will advise you as to what will be best for you to eat. Those are the basics!

We look forward to seeing you at your first session!