

## SS1000 FITNESS ASSESSMENT

Name:

D.O.B:

Here are three main reasons why everyone using a gym or doing moderate to vigorous exercise should have a **Fitness Assessment**

- A Fitness Assessment is like a human body muscular skeleton and cardiovascular MOT, the outcome can reduce the risk of illness or injury and support weight loss.
- A Fitness Assessment will point out sometimes unnoticeable issues in your muscle activity and range of movement that can develop and cause injury
- A Fitness Assessment will make visible and target problem areas in your physicality and ability, so I can offer tips, advice and training programs to correct all functional issues so they don't turn into physical limitations in time.

The Fitness Assessment should take no more than 20-30 minutes of your time and will outline the issues in your training that once addressed will support a healthier life and better training practices.

Question	Answer
What are your <b>Top 2 goals</b> for your current training/exercise regime?	
What do you like most about your gym/training experience?	
What would improve your training experience and add more value?	
Do you have any general or training related aches and pains, if so what are they?	
Have you ever trained in group classes, to a goal based training program?	
Have you ever trained 1-2-1 with a personal trainer towards a targeted goal?	

Once filled in please screenshot, photograph, email or message your form to [tony@ss1000.co.uk](mailto:tony@ss1000.co.uk) or [07999 976355](tel:07999976355) and you will be sent an assessment booking link.

**“Future Proof Your Fitness; Start feeling better physically, mentally & emotionally.”**