

1-on-1 Guidelines

Welcome to Cudly Massage & Wellness (CM&W)

Congratulations on taking another step towards your wellness goals. We look forward to helping you live healthier. We strive to give you the best opportunity and want to work with you to achieve your goals. 1-1 Fitness Consulting is more than personal training, it is a program to empower you to reach your wellness goals.

What you can expect:

The first time you meet with Stacy you will be asked questions regarding health history, exercise experience, diet, stress, and sleep habits. We will also discuss your personal goals or what you hope to achieve as well as lifestyle changes you can make. We will set you up with ways to track and see your results. This is followed by the physical assessment section of the consult. **This is not a traditional physical assessment.** You will be asked to perform 6-10 different physical test. The test are measured to show strength, endurance, and flexibility. Based upon your test results and your goals Stacy will create a program that best helps you achieve your goals.

Please bring with you: a water bottle, socks, tennis shoes, comfortable workout clothing, any goals and questions you may have.

Based upon the program that best fits you and your goals, we will set up a series of session/times to meet and discuss progress as well as exercise. After six to eight weeks you will have a re-evaluate session: the same tests you performed during your initial consult will be re-performed and results compared. This is to help you see your progress as well as adjust any part of the program that needs it.

There will be things you are asked to do outside of your scheduled sessions. Some may be physical exercise, others may be writing and some may be lifestyle adjustments. All are important if you wish to see results!

Please come prepared to work towards your goals. If you cannot make one of your scheduled 1-on-1 appointments please go online (via your confirmation email) and click the cancel/reschedule option). **If it is less than four hours prior to your appointment you will be charged for that session regardless of if you are there or not.** Please communicate as early as possible if you need to cancel or reschedule. If Stacy needs to cancel for any reason you will not be charged any fees and will be sent a notice regarding the cancellation.

Our Health and Fitness Specialist, Stacy has spent over nine years working in the wellness and fitness industry. She has worked with a large variety of people from daycare centers to seniors, from athletes to couch potatoes. Stacy is more than a personal trainer: she is a **Health and Fitness Specialist**. She has a Bachelor of Science in Exercise Science and Bachelors of Science in Exercise Science, Lasting Fitness for Seniors certification, Certified Tai Chi Instructor, Certified Qi Gong for Cardio Health Instructor, Certified Qi Gong for General Health Instructor, SilverSneakers Certified Instructor, Cardio Pump Certification, ACE Certified Group Fitness Instructor and Functional Strength Training for the Spine. She knows and understands each person is different and has different goals and priorities for their wellness. Stacy is always working to have the most up to date knowledge to best service people. At CM&W we believe knowledge is power!