



## FITNESS ORIENTATION

- What is a Fitness Orientation?
  - o A fitness orientation is a comprehensive introduction to the Student Wellness Centre and all of the services that we offer. It is conducted one-on-one with a Fitness Consultant who will work with you on your goals.
- What is included in a Fitness Orientation?
  - o When you arrive for your Fitness Orientation you will get to chat about your goals with one of our Fitness Consultants. You will also receive an InBody assessment during your Fitness Orientation. Finally, you will receive an introductory resistance training program and guidance around cardiovascular training. The appointment duration is 60 minutes.
- Can anyone get a Fitness Orientation?
  - o All Student Wellness Centre members are eligible for a Fitness Orientation. You can complete your Get Active Questionnaire via your WebAdvisor account to activate your membership or purchase a membership. Once you have done that you can book your Fitness Orientation.
- I am experienced in the gym but new here, is the Fitness Orientation beneficial for me?
  - o Yes! During your Fitness Orientation we will give you information about our programming and will cater your orientation to your fitness experience level. It will also help orient you to the facility and gives you an opportunity to ask questions about where to find things or pieces of equipment you might be unfamiliar with.
- Who provides the fitness orientation?
  - o Fitness Orientations are provided by our expert Fitness Consultants.
- Is a Fitness Orientation the same as a personal trainer?
  - o The Fitness Orientation is not the same as a Personal Trainer. In your appointment you will receive a program that contains exercises you can do comfortably and safely. During the appointment you will complete one set of each exercise so the Fitness Consultant can ensure you have proper form. At the end of the appointment you will be walk away with a program you will complete on your own in the future.
- How do I book a Fitness Orientation?
  - o Fitness Orientations can be booked using the Fanshawe Fitness Centre App or at [studentwellnesscentre.ca](http://studentwellnesscentre.ca)