



The 5 Most Important Questions You Need To Have Answered Before Choose A Gym For Fat Loss or Fitness

CHECK
THESE OUT

Question #1: Where do you want to go?

This question can be multi-directional but you need to ask yourself first - What's my destination, where do I want to take myself?

When you discuss any gym program the first question that someone should ask you is where do you want to be? What are your goals? They also should be taking notes and honing in on **your specific answers**. If this doesn't happen then throw up the yellow flag as this is not the place for you. Someone needs to take your information, understand who you are and what you're trying to accomplish and present a plan to help you achieve it.

There are no quick fixes in fitness. You can't plug in your end results into a "Fitness" GPS if you don't have a starting point.

When it comes to program design, the gym must ask you where you need to need to be with the end in mind. Just like planning for any project or event you need to have the end in mind. This is simply called Big Picture Thinking. Make sure you look for a gym that takes this approach and can show you the small attainable steps along the way that need to take place in order for you to be successful. Use this simple cheat sheet to help you program your fitness GPS.

What is your end destination?

Fat Loss, Muscle Gain, Overall Health... all of the above

Here are some thinking points to consider as you map out your journey for each goal:



Fat loss - List Your Goals Below:

Consider this: If you visit a gym and they refer the weight on the scale more often than changes to your physique and actual body fat, this may not be the place for you. Changes in your physique can be measurements in places such as the waist and thigh region etc. not just by a scale.

Muscle Building - List Your Goals Below:

Consider this: If you visit a gym and they refer to a “Toning Program” that will “shape” your body and take off fat, it’s time for you to visit another gym. There’s no such thing as “Toning.” You need to incorporate a strength training program to build a foundation which will initiate a fat loss program. Strength training is the foundation for any fitness program.

General Health (Physical and Emotional)- List Your Goals Below:

Your initial consultation should consist of a comprehensive discussion about any health concerns, conditions or previous medical history. This dialog should cover everything from lowering blood pressure and cholesterol, dealing with diabetes, combating osteoporosis or osteopenia. Does this gym work closely with area medical professionals to help coordinate a plan to eliminate joint or back pain? Research has proven that the right exercise program can improve joint and back pain.

Exercise can impact you emotion well being in many positive ways. A gym should take the time to ask you how you are currently feeling and how you would like to feel. The physical and emotional connection is very powerful. If this connection is not being addressed then you need to consider another gym.

OK, so you have listed out some goals of where you want to be. Now it's time to start the interview process with some area gyms. Make some copies and have these questions with you when you visit and check off if you feel they did a good job or not in answering your questions.

Gym Visited: _____



Did they ask me about my goals? Were they genuinely interested in my health and well-being and did they map out a program to help me achieve my goals?

Yes | **No** | I have mixed feelings (not convinced)



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Question #2: What do they use as an assessment to gage your starting point?

No training program should begin without a proper physical consultation or assessment. The BEST assessment tool is the Functional Movement Screen (FMS). Your initial program should be based on the results from this assessment. This will give your coaches a starting point.



So as you're making a decision, does the gym you are interested in offer an assessment?

YES

NO

What is their method of assessment? If it's not the FMS, ask them why not and how does "their" assessment compare or is it equivalent?

If they can't answer these questions clearly or become very defensive, it's time for you to move on to another gym.



Yes...but don't rush into it. Make sure you have all the information to make the best decision

Question #3: What is their training system that will be used to get you the results you are looking for?

Training styles, equipment and environment and coaching personality can vary greatly between gyms, however, one thing that should be consistent with every good gym is the training system.

If the gym you are talking with does not list out each component of your workout then *SPRINT*, don't walk to the net gym.

Your workout should include a component of the following 7 pillars of training:

- Improve soft tissue quality
- Mobility, joint preparation and movement efficiency
- Core activation & stability
- Power development or a form of plyometrics (elastic response)
- 7 pillars of strength: squatting, lunging, bending, pushing, pulling, twisting, and single leg stance.
- Conditioning or energy system development
- Recovery and regeneration

It is the combination of these 7 pillars of training that will get you...

Impressive Results!

Be careful through, don't be fooled into **more** is better. Training longer DOES NOT EQUATE to better results. Doing hundreds of reps in a single workout is dangerous and can lead to an overuse injury. This will sabotage your initial reason you came to the gym in the first place! Remember, injury free workouts are a must!

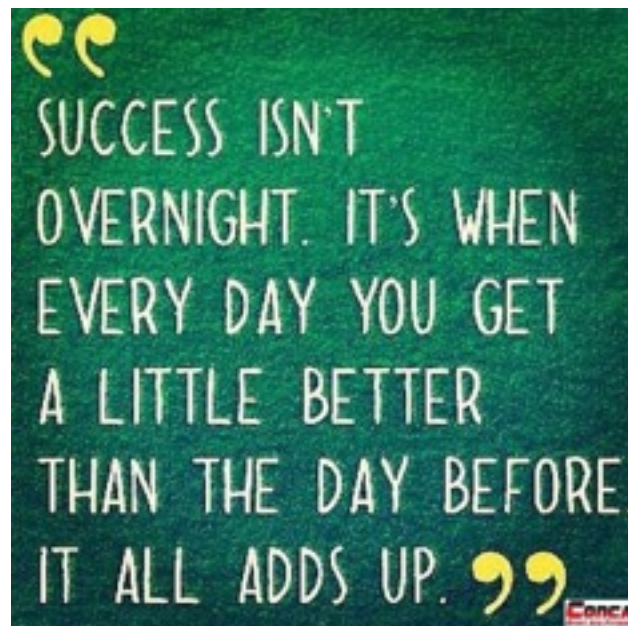
Injury free workouts should be the upmost priority

When incorporating a component from each of the seven categories listed above, a comprehensive workout should be between 40 & 50 minutes.

If the gym does not use all 7 components in a program or tells you that you need to spend over an hour for each session look elsewhere.

Does this gym use all 7 pillars in their system? **YES** **NO**

Can this gym get me a beneficial workout in less then an hour? **YES** **NO**





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Question #4: Will your program appropriately change every 3-5 weeks?

There are 2 parallels that happen in a training environment:

1. The body is smart and adapts to a training stimulus very quickly. If sets and reps, tempo and exercise order are not strategically changed then the body will not respond optimally. It will become “stale” and stop adapting thus inhibiting your progress.
2. Inexperienced trainers often become bored with a program and will randomly change things up for their sake and not yours. Often times trainers will have clients perform inappropriate exercises or progressions which can lead to potential injury, frustration and a lack of compliance to the overall program.

Clients are smart enough to know that their resistance and conditioning need to be varied and increased over time. Ask your gym how they progressively and systematically change the complexity of your program so that you can achieve maximum results.

Does this gym vary the training program every 3-5 weeks in a logical progression?

YES NO



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Question #5: How will your gym track your program and progress and know when it's time for a tune up?

Here's a short check list to make sure the gyms you are interviewing can provide follow up and track your progress:

- Does this gym track all of your workouts, how much weight you lifted, sets and reps as well as how you are feeling before, during and after the workout?
- Are they noting the specific progressions and regressions with each exercise?
- Are they helping you keep track of your stress levels and sleep quality as well as body fat percentage and how the shape of your body is changing?
- Does this gym have direct access to medical professionals or physical therapists in case you need to have something checked out?

Simple question: Does this gym have the capability to track my progress?

YES NO

Do you think a friend or family member would benefit from having this list of questions at hand when inquiring about a gym? Please feel free to forward this information and help us change the way fitness is done!

Committed to your success!

Steve Conca, Owner www.ConcaSportandFitness.com