

WHOLE BODY FITNESS



About Lisa Dougherty

Lisa founded Whole body Fitness, LLC in 1999 to provide top-caliber personal training services to clients of all ages and fitness levels. She is experienced in working with clients who have "special needs", disabilities, pre & postnatal or injury rehabilitation back to main stream exercise. Lisa develops progressive workouts that changes every 4-6 weeks to keep things interesting. She tracks client's performance and gains at each workout. Her goal is to educate, motivate and support

her clients to become more physically active and to adopt a healthier lifestyle through exercise and nutrition. Lisa has developed a 6 week Lifestyle Weight Management Program and has successfully helped many people over the last 12 years. Lisa is always excited to work with new individuals and enjoys many relationships with long-time clients.

She served as Treasurer then President of the OC Nutrition & Fitness Council, a nonprofit organization, overseeing the organization's mission and monitoring programs at schools in Orange County. Prior to becoming a Personal Trainer Lisa spent 13 years in the Securities industry where she received a national award as one of the top 10 Assistants (10,000 employees) at Prudential Securities.

Education



Lisa is a graduate of the 2-year **Fitness Instructor Program** at University California, Irvine 1999. This program included full college level anatomy, physiology, kinesiology, nutrition, psychology and many others.

Certification Information



America's Authority on Fitness®

Lisa is both an **Certified Personal Trainer** and **Lifestyle Weight Management Consultant** through the American Council on Exercise since 1999. She also has a Specialty Certificate in Pre & Postnatal Training 2003. The American Council on Exercise (www.acefitness.org) is the largest nonprofit fitness certification and education provider in the world. Widely recognized as "America's Authority on Fitness,"

ACE continually sets standards and protects the public against unqualified fitness professionals and unsafe or ineffective fitness products, programs and trends.

Lisa Dougherty is recognized as a **Master Trainer**, the highest level of achievement as a Personal Trainer by **IDEA** (www.ideafit.com) , the world's leading membership organization of health and fitness professionals with more than 24,000 members in over 80 countries.



Healthy MOMS® Fitness
Certified Perinatal Fitness Instructor
Since 2006



American Red Cross
CPR, AED & First AID
Certifications Current



Other Special Training and Continuing Education:

Pending

Clinical Exercise Specialist Certification through American Council on Exercise. "Medical Fitness Professionals help clients make a transition from medical management &/or physical therapy to a regular physical activity program following a surgery, an injury, a medical diagnosis or exacerbation of a pre-existing condition. They provide a safe & effective bridge for a patient to cross from the structured clinical treatment &/or rehabilitation environment to mainstream exercise programs"

Completed

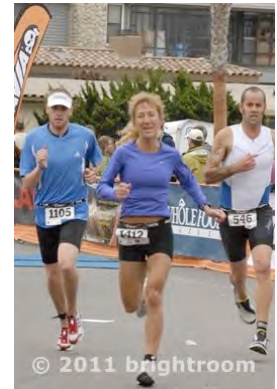
- TRX Sports Medicine** – treatment & prevention of musculoskeletal injuries *Sep 2011*
- Basic Training for Cycling-** Successfully coach cycling for health, fitness & competition *Sep 2011*
- TRX Suspension Training Certification** *Nov 2009*
- Trigger Point Technologies** Myofascial compression techniques™ - *Feb 2008*
- Fit 4 Mom Pre/Postnatal Fitness** Stroller Strides *Oct 2006*
- Exercise and Arthritis** - Gwen Hyatt M.S. & Karen Nelson M.S. DSW Fitness *2006*
- Exercise & Fibromyalgia** - Gwen Hyatt, MS DSW Fitness *2005*
- Counseling for Health and Fitness** Nutrition Dimension *2005*
- Teenage Obesity What Can We Do About It** - Chris Vega, MPH, RD *2005*
- Fit For Labor** - Lisa Druxman, MA owner of Stroller Strides *2005*
- Full Body Flexibility** Jay Blahnik, Nike Fitness Athlete sponsored by Nautilus *2005*
- How Mars & Venus Get Fit** - Dr Pamela Peeke Chief Medical Correspondent for Nutrition & Fitness for Discovery Health TV. *2005*
- The Ultimate Run** - Lenita Anthony, MA Exercise Physiologist, Reebok Master Trainer, Mgr of Sports Science & Human Performances for the USA Triathlon National Training Center *2005*
- Working Out Facts: Answers to your health & fitness questions** – Cedric Bryant, PhD FACSM, Chief Exercise Physiologist for American Council on Exercise *2005*
- Yoga and Strength** Linda Freeman Resist-A-Ball & BOSU Master Trainer *2005*
- Training for Strength & Nutrition for Muscle** Len Kravitz, PhD Sr Exercise Physiologist IDEA Health & Fitness Assoc. *2005*
- Exercise & Menopause** – Sabrena Newton, MS Curriculum development A.C.E. *2005*
- Biomechanics of Motherhood** – Lisa Druxman, MA owner of Stroller Strides *2005*
- The Skill to Define and Design Exercise** – Cheryl Soleway, physical therapist CanFtiPro's 1999 Canadian Presenter of the Year, Master Educator for Ball Dynamic International (FitBall) *2005*
- Yoga Studies – Yoga Teacher** University of California, Irvine *2005*
- Experiential Anatomy & Basic Physiology**, University California Irvine *2005*
- Yoga for a New Day** - Teaching Yoga Asana for Health & Fitness Desert Southwest Fitness *2004*
- Psychology for Health Fitness Professionals** A.C.E. *2002*
- Fitness Motivation** 2002 Desert Southwest Fitness
- Dietary Supplements Critical Thinking Skills** County of Orange Health Care Agency *2002*
- Practical Body Composition** - Desert Southwest Fitness *2001*
- Functional Training** - MF Athletic Company *2001*
- Obesity, Diabetes & Overeating in Children & Adults** Institute for Natural Resources *2001*
- Current Trends in Nutrition** County of Orange Health Care Agency *2000*



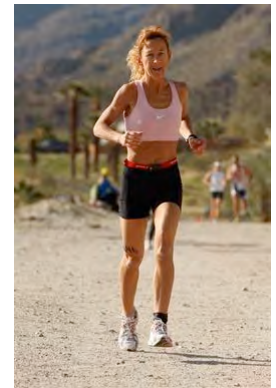
Races and Competitions



Lisa competed in the 11th Annual Encinitas Duathlon on May 15th, 2011. She took 1st place in her age group (45-54) with a time of 46:19 and was 4th woman overall.



Lisa competed in the Desert International Duathlon in LaQuinta on March 5th, 2011. She took 3rd in her age group (40-49) with a time of 01:17:12 and 7th woman overall.



One-on-One Private Training

60 Minute Private Sessions, hourly rate: **\$95.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
6 sessions	\$85	\$60	\$510.00
10 sessions	\$80	\$150	\$800.00
16 sessions*	\$75	\$320	\$1200.00
20 sessions*	\$70	\$500	\$1400.00

Clients with Medical Conditions, "special needs" or disabilities

Lisa is committed to helping clients with medical conditions that require special training considerations, such as but not limited to: orthopedic rehab, diabetes, stroke, heart attack, cancer, Fibromyalgia, rheumatoid or osteo arthritis, hip or shoulder replacements, back or knee surgery, Parkinson's, multiple sclerosis, Alzheimer's, and visual or hearing impairments.

- All medical/special needs clients **must** obtain a written medical release from their doctor to be provided to Whole Body Fitness before participation in an exercise program with Whole Body Fitness
- A Polar Heart Rate Monitor **is required for training** to continuously monitor your heart rate with an alarm function to keep you in a specified zone. It will also track calories burned, exercise time, time in zone and much more! It is a great tool to use after your pregnancy. Please ask us how to get one!

60 Minute Private Sessions, hourly rate: **\$100.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
12 sessions	\$85	\$120	\$1020.00
16 sessions	\$80	\$240	\$1280.00
20 sessions	\$75	\$400	\$1500.00

Partner or Couples Training

60 Minute "Shared" Sessions – 2 people, hourly rate: \$120.00

Suggested Partner Training Package Specials

Package rates are based on 2 people training together

Packages	Hourly Rate	Rate per Person	Savings	Prices
6 sessions	\$110	\$65	\$60	\$648.00
10 sessions	\$102	\$60	\$180	\$1020.00
16 sessions*	\$96	\$48	\$320	\$1600.00

With the purchase of any training package

- Learn about your lifestyle such as weight history, eating & exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic & effective "fitness program" that is conceivable and achievable based on your fitness levels & is valuable and functional for you to do.
- Included with the purchase of 16+ sessions is a hydrostatic body fat composition test by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com.

Payments are due at time of service. Discounts apply only to packages paid in advance.

Offsite Training Available:

In home training or training at your corporate gym

60 Minute Private Sessions, hourly rate 130.00*

Packages	Hourly Rate	Prices
10 sessions	\$120	\$1200.00
16 sessions	\$115	\$1840.00
20 sessions*	\$110	\$2200.00

*Rates inclusive of travel time within a 10-mile radius. These package rates are subject to change if distance traveled to you is more than 20 minutes.



Certified Perinatal Fitness Instructor

©2010 Healthy Moms®, Sheila S. Watkins

www.HealthyMomsFitness.com



Pre and Post Natal Training Packages

60 Minute Private Sessions, hourly rate: \$100.00

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
8 sessions	\$90	\$40	\$720.00
12 sessions	\$85	\$120	\$1020.00
16 sessions	\$80	\$240	\$1280.00
20 sessions	\$75	\$400	\$1500.00

All new pre- and postnatal clients **must** obtain a medical release from their doctor to be provided to Whole Body Fitness, LLC before participation in an exercise program with Whole Body Fitness, LLC"

All Pre- & Postnatal training packages include:

- Learn about your lifestyle exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic & effective "fitness program" that is conceivable and achievable based on your fitness levels
- **Polar Heart Rate Monitor** is required for training to continuously monitor your heart rate with an alarm function to keep you in a specified zone. It will also track calories burned, exercise time, time in zone and much more! It is a great tool to use after your pregnancy. Please ask me how to get one.



Prenatal Packages also include:

- A complimentary copy of "Nine Months Strong" or "Creating your birth plan". (\$18 value)

Postnatal Packages also include:

- Included with the purchase of Postnatal sessions is a hydrostatic weighing body fat composition test by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com. (\$49.95 value)

Whole Body Fitness

Proudly celebrating 12 years of service since 1999

For complete details on all services and prices please visit our website at www.wholebodyfitness.biz

