

Personal Fitness Training

Are all Personal Trainers alike? Unfortunately they are not.....

Read more from IDEA, the world's leading membership organization of health and fitness professionals with more than 23,000 members in over 80 countries that has set the standards for personal trainers!

Whole Body Fitness offers various levels of personal trainers based on their experience, knowledge, and certifications.

This ranking system is used by the YMCA and IDEA Health and Fitness Association. All trainers are certified by nationally recognized organizations, CPR and First Aid certified, have liability insurance, are IDEA members, and participate in continuing education to stay apprised in safety, methodology, and technology in the fitness industry. Also offered are various packages based on these recognition levels.

Please refer to the [Whole Body Fitness Team](#) to select a personal trainer that's right for you!



One-on-One Private Training

We would like to offer you a unique opportunity to develop a long-term **successful** fitness program in line with your personal goals that is also sensible, functional, and valuable in achieving greater **health** and longevity for life.

We will offer you **consistent support and motivation** throughout the entire time we are working together! We will design the best workout routine for your fitness level and goals.

We will help you work harder, more consistently, and more efficiently than you would on your own. We will provide you with enough **guidance** and **education** to ensure that you establish effective exercise patterns right from the beginning! We will educate you on how your body functions and how to train it, in a safe effective manner to achieve the results you want.

Package Prices listed below are for healthy clients without medical conditions and special needs. Whole Body Fitness is committed to helping clients with medical conditions and special needs. For more information, please go to [Personal Training for Clients with Medical Conditions or "Special Needs."](#)

Professional Trainer (**Monica Hirtreiter and Regina Keil**)

One-on-one single sessions, hourly rate: **\$75.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$65	\$60	\$390.00
10 sessions	\$60	\$150	\$600.00
16 sessions*	\$55	\$320	\$880.00
20 sessions*	\$50	\$500	\$1,000.00

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

Advanced Trainer (Robin Rutherford)

One-on-one single sessions, hourly rate: **\$80.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$70	\$60	\$420.00
10 sessions	\$65	\$150	\$650.00
16 sessions*	\$60	\$320	\$960.00
20 sessions*	\$55	\$500	\$1,100.00

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

Elite Trainer (TBD)

One-on-one single sessions, hourly rate: **\$85.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$75	\$60	\$450.00
10 sessions	\$70	\$150	\$700.00
16 sessions*	\$65	\$320	\$1,040.00
20 sessions*	\$60	\$500	\$1,200.00

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

Master Trainer (Lisa Dougherty)

One-on-one single sessions, hourly rate: **\$90.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$80	\$60	\$480.00
10 sessions	\$75	\$150	\$750.00
16 sessions*	\$70	\$320	\$1,120.00
20 sessions*	\$65	\$500	\$1,300.00

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

Partner/Couples Fitness Training

Suggested Partner Training Package Specials

Package rates are based on 2 people training together.

Professional Trainer (**Monica Hirtreiter and Regina Keil**)

Single session, hourly rate: **\$90.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$80	\$40	\$60	\$480.00
10 sessions	\$74	\$37	\$160	\$740.00
16 sessions*	\$70	\$35	\$320	\$1,120.00

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

Advanced Trainer (**Robin Rutherford**)

Single session, hourly rate: **\$100.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$90	\$45	\$60	\$540.00
10 sessions	\$84	\$42	\$160	\$840.00
16 sessions*	\$80	\$40	\$320	\$1,280.00

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

Elite Trainer (**TBD**)

Single session, hourly rate: **\$110.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$100	\$50	\$60	\$600.00
10 sessions	\$96	\$48	\$140	\$960.00
16 sessions*	\$90	\$45	\$320	\$1,440.00

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

Master Trainer (**Lisa Dougherty**)

Single session, hourly rate: **\$120.00**

Packages	Hourly Rate	Per Person	Savings	Prices
6 sessions	\$112	\$56	\$48	\$672
10 sessions	\$108	\$54	\$120	\$1,080.00
16 sessions*	\$96	\$48	\$384	\$1,536

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

***Included with the purchase of any package of 16+ sessions (\$150-210 value):**

- Learn about your lifestyle such as weight history, eating and exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic and effective "fitness program" that is conceivable and achievable based on your fitness levels and is valuable and functional for you to do.

- Included with the purchase of 16+ sessions is a hydrostatic body fat composition test by FitnessWave with 6-page detailed analysis. Whole Body Fitness will pay for one (1) body fat composition test with FitnessWave per 12 month period either for training or for Lifestyle weight Management Program.
- In order to view the video, "FitnessWave - The Movie," you will need Windows Media Player. If you don't have Windows Media Player, please go to Microsoft to download.

Exercise Program Design

This is an exercise program that is designed for for you at your home, or office gym: **\$300.00***

We will meet you at your home or office gym for up to 2 hours and design an exercise program based on that gym layout, your skills and capability that is functional, based on your individual needs. We will provide clear directions and a detailed workout program for you to follow as well as educational reading materials and resources.

*Inclusive of travel time within a 10-mile radius. Rates adjusted up according to distance needed to travel to your site.

Offsite Training Available: In-home or Office Training

In-home training or offsite training - We come to you!

Please note: 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. We will bring equipment to you! Included with the purchase of a 20 session package is a hydrostatic body composition test with FitnessWave. Visit FitnessWave's website at www.GetDunked.com. Whole Body Fitness will pay for one (1) body fat composition test for personal training or Lifestyle Weight Management program in a 12-month period in order to monitor progress.

One-on-One Private Training Rates:

Professional Trainer (Monica Hirtreiter and Regina Keil) single session, hourly rate: **\$100.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$90	\$900.00
16 sessions	\$85	\$1,360.00
20 sessions	\$80	\$1,600.00

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

Advanced Trainer (Robin Rutherford) single session, hourly rate: **\$110.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$100	\$1,000.00
16 sessions	\$95	\$1,520.00
20 sessions	\$90	\$1,800.00

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

Elite Trainer (TBD) single session, hourly rate: **\$120.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$110	\$1,100.00
16 sessions	\$105	\$1,680.00
20 sessions	\$100	\$2,000.00

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

Master Trainer (Lisa Dougherty) single session, hourly rate: **\$130.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$120	\$1,200.00
16 sessions	\$115	\$1,840.00
20 sessions	\$110	\$2,200.00

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

Partner Training Rates based on two people training together:

Professional Trainer (Monica Hirtreiter and Regina Keil)

Single session, hourly rate: **\$140.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$130	\$1,300.00
16 sessions	\$125	\$2,000.00
20 sessions*	\$120	\$2,400.00

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

Advanced Trainer (Robin Rutherford)

Single session, hourly rate: **\$150.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$140	\$1,400.00
16 sessions	\$135	\$2,160.00
20 sessions*	\$130	\$2,600.00

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

Elite Trainer (TBD)

Single session, hourly rate: **\$160.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$150	\$1,500.00
16 sessions	\$145	\$2,320.00
20 sessions*	\$140	\$2,800.00

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

Master Trainer (Lisa Dougherty)

Single session, hourly rate: **\$170.00**

Suggested Package Specials

Packages	Hourly Rate	Prices
10 sessions	\$160	\$1,600.00
16 sessions	\$155	\$2,480.00
20 sessions*	\$150	\$3,000.00

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

Please inquire about track and field workouts, beach workouts, outdoor runs, and mountain biking!

For more information, please [contact us](#).

Pre- and Post Natal Fitness



An increasing number of women are hiring personal trainers to help keep them fit and healthy before, during and after their pregnancy...and Whole Body Fitness welcomes all new moms! Our fitness team works hard to continually gain knowledge in specific fitness industry fields so that their clients benefit from the most up-to-date information!

That's why Lisa Dougherty and Robin Rutherford are thrilled to have attended the **Fit4Mom** national pre/postnatal conference. This conference was designed to bring fitness professionals the latest research and expertise for the prenatal and postnatal client, so that we can pass this knowledge on to you!



A conference highlight was a session on the short- and long-term effects of beginning and/or continuing regular exercise during pregnancy on women and their offspring with Dr. James F. Clapp, III, M.D., who is an international authority on the effects of exercise during pregnancy and author of the book, *Exercising Through Your Pregnancy*. Other topics included Prenatal Pilates, Fit to DeliverT - Prenatal Fitness, training the postnatal client, physiological principles (cardio, strength, mindfulness and special exercises) and ethical procedures and much more!

Visit www.fit4mom.com for more information.



Lisa and Robin have obtained a Pre and Postnatal Fitness Instruction certification through Healthy Moms. Healthy Moms® is an organization dedicated to enhancing the physical and psychological well being of women before, during, and after pregnancy. In addition to keeping

"moms healthy", Healthy Moms is an industry leader in perinatal fitness education, training, and certification for fitness and health professionals who care for women throughout the childbearing year since 1987. Visit www.healthymomsfitness.com for more information.

We look forward to sharing all of this information with our pre and postnatal clients!

— Lisa Dougherty, Robin Rutherford and Regina Keil

Say good-bye to the myth of the "delicate" condition and hello to pregnancy in the 21st century! Current research continues to show that women can safely exercise and maintain their levels of fitness during the pre-natal period. Women who continue to exercise regularly throughout their pregnancies are less likely to need medical intervention during labor and delivery (i.e., pitocin use, forceps delivery, etc.) and experience less time in both active labor and during the second ("pushing") stage. They also gain less fat and recover more quickly than sedentary pregnant women. With these findings in mind, more and more women are starting an exercise program or continuing to exercise during their pregnancies.



One of the best things about staying active during your pregnancy is that you feel great. As many studies have shown - and active Moms will tell you - if you maintain a regular exercise program, your body will be in better shape throughout your pregnancy and more fit for delivery.

An exercise program has real pay-offs:

- A fit heart
- Healthy lungs
- Better blood sugar control
- Feel-good endorphins
- Good posture
- Stronger bones
- Toned muscles
- Better bladder control
- Fewer varicose veins and blood clots
 - Less Painful labor
- Quicker post-pregnancy recovery
 - Good weight management
 - A positive emotional outlook
 - Stress relief
- Fewer interventions required at delivery
 - Healthy birth and baby weight

Why Work With a Personal Trainer?

When you hire a personal trainer you are not just purchasing their physical presence and guidance through your workouts but also their education, experience, knowledge and expertise with program development and design.

A personal trainer will conduct an initial fitness assessment by gathering your lifestyle history and listening to what you want to accomplish. Your trainer will then create a personalized fitness program custom tailored around your specific needs and goals. Once your program is created, your trainer will explain methods, principles and reasoning behind every aspect of your program's design and execution.

As you progress, your trainer will monitor your improvements and fine-tune your program as needed by making the necessary adjustments in order to help you advance to the next level.

Because your trainer has a vested interest in your success, they are just as motivated about your pending body transformation as you are. Together, you will work side by side as a team in a joint



effort to ensure you achieve the personal and fitness goals of your dreams.

Learn about personal trainer, [Lisa Dougherty](#).

One-on-One

Pre- and Postnatal Training Packages

Suggested One-on-One Package Specials (**Lisa Dougherty, Master Trainer**)

Packages	Hourly Rate	Savings	Prices
8 sessions	\$85	\$40	\$680.00
12 sessions	\$80	\$120	\$960.00
16 sessions	\$75	\$240	\$1,200.00
20 sessions	\$70	\$400	\$1,400.00

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

Above discounted rates are based on 60-minute private session rate of \$90.00 with Master Level Trainer.

Suggested One-on-One Package Specials (**Robin Rutherford, Advanced Trainer**)

Packages	Hourly Rate	Savings	Prices
8 sessions	\$75	\$40	\$600.00
12 sessions	\$70	\$120	\$840.00
16 sessions	\$65	\$240	\$1,040.00
20 sessions	\$60	\$400	\$1,200.00

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

Above discounted rates are based on 60-minute private session rate of \$80.00 with an Advanced Level Trainer.

Suggested One-on-One Package Specials (**Regina Keil, Professional Trainer**)

Packages	Hourly Rate	Savings	Prices
8 sessions	\$70	\$40	\$560.00
12 sessions	\$65	\$120	\$780.00
16 sessions	\$60	\$240	\$960.00
20 sessions	\$55	\$400	\$1,100.00

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

Above discounted rates are based on 60-minute private session rate of \$80.00 with an Advanced Level Trainer.

Important Notes:

- All new pre- and postnatal clients **must** obtain a medical release from their doctor provided by Whole Body Fitness before participation in an exercise program with Whole Body Fitness.
- A **Polar Fitness 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.

All Pre- and 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 and effective "fitness program" that is conceivable and achievable based on your fitness levels.
 - Support and motivation!

Prenatal Packages also include:

- A complimentary copy of **Nine Months Strong**: Shaping up for Labor and Delivery and the Toughest Physical Day of Your Life. (Lifeline Press 2004)

Postnatal Packages also include:

- Included with the purchase of 16+ sessions is a **hydrostatic body fat composition test** by [FitnessWave](#) with 6-page detailed analysis. Whole Body Fitness will pay for one (1) body fat composition test with FitnessWave per 12 month period either for training **or** for Lifestyle weight Management Program.

WATCH "FITNESSWAVE -
THE MOVIE"



[Learn more about FitnessWave and Hydrostatic Weighing.](#)

Weight Loss After Having Your Baby

For permanent weight loss, you need to learn sound and healthy eating habits. While fad diets may take the weight off, they don't teach you how to keep it off. With my Lifestyle Weight Management program you're learning a way to live, not just a way to diet. Also to keep weight off, you must stay motivated that's why I have the weekly coaching calls. Successful weight control for a lifetime depends upon you - not upon any particular product or "program." In my LWM program I supply you all the tools, education, and support creating you a platform for a successful experience. I sincerely care about all those that I work with. Your goals are my goals.

— Lisa Dougherty, Owner of Whole Body Fitness

Personal Training Clients with Medical Conditions or "Special Needs"

Millions of Americans suffer from chronic disease. And even more have received some form of medical rehabilitation for an injury or illness. Most of these people have something in common - they can enhance the quality of their life with a well designed program of exercise and physical activity.

We are here to improve your fitness levels and decrease your risk factors, regain strength, endurance, and functional movement before, during and following rehabilitation for diseases, disorders, surgeries, and ailments. We will work with you as part of your healthcare team.

We have knowledge and skills for designing, implementing and modifying exercise programs with appropriate progressions for you. We understand the roles of the various healthcare professionals and will work with them to enhance your exercise program.

Whole Body Fitness is committed to helping clients with medical conditions that require special training considerations, such as but not limited to: 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.

Lisa is currently studying for the Clinical Exercise Specialist Certification (pending completion in 2009). Lisa will then be considered a Medical Fitness Professional who help clients make a transition from medical management and/or physical therapy to a regular physical activity program following a surgery, an injury, a medical diagnosis or exacerbation of a pre-existing condition. As a Medical Fitness Professional, Lisa will provide a safe and effective bridge for a patient to cross from the structured clinical treatment and/or rehabilitation environment to mainstream exercise programs.

The Whole Body Fitness team continually works to gain knowledge in special fitness industry populations so that clients will benefit from the most up-to-date and accurate training information and procedures.

- 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 Fitness 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!
 - Discounts apply only to packages paid in advance. Payments are due at time of service.
- Included with the purchase of 16+ sessions is a **hydrostatic body fat composition test** for clients over 16 years old performed by [FitnessWave](#) with 6-page detailed analysis. Whole Body Fitness will pay for one (1) body fat composition test for personal training or Lifestyle Weight Management Program per 12 month period in order to monitor progress.

Training packages for clients with medical conditions or "special needs":

Professional Trainer (**Monica Hirtreiter and Regina Keil**)

One-on-one single sessions, hourly rate: **\$75.00**

Packages	Hourly Rate	Savings	Prices
12 sessions	\$65	\$120	\$780.00
16 sessions	\$60	\$240	\$960.00
20 sessions	\$55	\$400	\$1,100.00

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

Advanced Trainer (Robin Rutherford)

One-on-one single sessions, hourly rate: **\$80.00**

Packages	Hourly Rate	Savings	Prices
12 sessions	\$70	\$120	\$840.00
16 sessions	\$65	\$240	\$1,040.00
20 sessions	\$60	\$400	\$1,200.00

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

Elite Trainer (TBD)

One-on-one single sessions, hourly rate: **\$85.00**

Packages	Hourly Rate	Savings	Prices
12 sessions	\$75	\$120	\$960.00
16 sessions	\$70	\$240	\$1,120.00
20 sessions	\$65	\$400	\$1,300.00

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

Master Trainer (Lisa Dougherty)

One-on-one single sessions, hourly rate: **\$90.00**

Packages	Hourly Rate	Savings	Prices
12 sessions	\$80	\$120	\$960.00
16 sessions	\$75	\$240	\$1,200.00
20 sessions	\$70	\$400	\$1,400.00

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

Lifestyle Weight Management and Nutrition Programs

For permanent weight loss, you need to learn sound and healthy eating habits. While fad diets may take the weight off, they don't teach you how to keep it off. With my Lifestyle Weight Management program you're learning a way to live, not just a way to diet. Also to keep weight off, you must stay motivated that's why I have the weekly coaching calls. Successful weight control for a lifetime depends upon you - not upon any particular product or "program." In my LWM program I supply you all the tools, education, and support creating you a platform for a successful experience. I sincerely care about all those that I work with. Your goals are my goals.

— Lisa Dougherty, Owner of Whole Body Fitness



WBF Lifestyle Weight Management Program (\$1,040 value): **\$800**

Our goal is for you to have a successful experience in making **positive changes** for a healthier lifestyle in the areas of nutrition and exercise so that you will enjoy the benefits of **for the rest of your life**. Creating a better balance in your life, along with learning to eat in a healthy natural way, with an emphasis on the importance of daily physical activity is the focus of this program.

Read about other people's experience going through this program in [Testimonials](#).

This six-week change of lifestyle program includes:

- 90-minute – 2 hour meeting to discuss you lifestyle, weight history, eating and exercise habits, health history, and what you would specifically like to achieve working with us plus review all questionnaires and food diary.
\$150
 - Complimentary Hydrostatic weighing/body fat composition test by FitnessWave! (\$50 value)
- Metabolic Test: Complimentary Hydrostatic weighing/body fat composition test by [FitnessWave!](#) (\$50 value)



[Learn more about FitnessWave and Hydrostatic Weighing.](#)



- 90-minute – 2 hour meeting to discuss a **comprehensive approach to weight management** such as exercise programming, basic nutrition, discussion of body composition, nutritional analysis, sample meal plan, food labels, video, balancing priorities and beating barriers to lifestyle change. \$150
- Create a **Personalized Nutrition and Exercise Profile**: based on your age, weight, height, gender, and activity level profile with recommended nutrient standards to conduct analysis and create sample meal plan. Put together the body composition test results and info to discuss. Put together sample exercise program* based on your goals. **All behind the scenes work for our meetings and phone calls.** \$180
 - 3-day food diary **food intake analysis and assessment** with recommendations. \$60
- 4-day personalized sample meal plan with complete nutritional analysis. By evaluating your needs, goals and

abilities, we will match them to a nutritious **sample meal plan** with adequate calories based on your personal tastes and nutritional profile. \$75

- Includes a personalized "**Lifestyle Weight Management Resource Manual**". (\$75 value)
 - Includes a copy of "**Fit of Fat**" by Covert Bailey.
 - A copy of Nancy Clark's Nutrition Guidebook.
 - Copy of the book "**Success is an Attitude**" by Keith Harrell.
- Includes a copy of "**Healthy Dining in Orange County**" - filled with easy-to-read nutrition "labels" (calories, fat, cholesterol, carbs, etc.) for hundreds of menu choices in O.C. as well as \$500 in restaurant coupons. (\$20 value)
- Four follow-up 30–45 minute phone counseling meetings which include discussions on making better food choices, meal strategies, healthy eating made easy, exercise programming, dining out to name a few! \$200
 - **And much more!**

Learn more about the 6-week LWM program geared towards [Weight Loss](#).

Learn more about the 6-week LWM program geared towards [Healthier Eating](#).

Important, please read before starting this program: As a Lifestyle Weight Management Consultant through the American Council on Exercise it is beyond my scope of practice and qualifications to counsel on medical conditions such as diabetes, hypertension or high cholesterol, disordered eating or recommend dietary supplements. We are happy to refer any questions or issues beyond my scope of practice to a qualified health professional or offer a list of reliable health resources. As always, my goal is a successful experience for those we work with.

Whole Body Fitness/Lisa Dougherty bills its clients on a pre-pay basis. **Bills are issued directly to the client when services are retained and are due upon first meeting with client to create Lifestyle Weight Management Program.**

24 Hour Cancellation Policy for scheduled meetings and phone sessions: We work on a scheduled appointment basis. Because your appointment times has been reserved especially for you, *you are required to give a minimum of 24-hours notice when canceling a schedule meeting or phone session with us*, which at that time can be rescheduled at no charge. With a 24-hour notice We are able to schedule another client in your place.

If you cancel with less than 24 hours notice you will be billed an additional \$120 for meetings and \$50 for phone sessions above and beyond the \$800 program cost.

WBF Lifestyle Weight Management Program for Couples (\$1,655 value): **\$1,300**

Our goal is for you both to have a successful experience in making positive changes for a healthier lifestyle in the areas of nutrition and exercise so that you will enjoy the benefits of for the rest of your life.

Creating a better balance in your life, along with learning to eat in a healthy natural way, with an emphasis on the importance of daily physical activity is the focus of this program.

This 6-week change of lifestyle program for couples includes:

- 2-hour meeting to discuss you lifestyle, weight history, eating and exercise habits, health history and what you would specifically like to achieve working with us + review all questionnaires and food diary. \$150
- 2 Complimentary Hydrostatic weighing/body fat composition tests (one per person) and 2 Metabolic Tests (one

per person) by [Fitness Wave!](#) - \$200 value. Visit their website at www.getdunked.com to learn more about each of these tests!



- 2-hour meeting to discuss a **comprehensive approach to weight management** such as exercise programming, basic nutrition, discussion of body composition, nutritional analysis, sample meal plan, food labels, video, balancing priorities and beating barriers to lifestyle change. *\$150*
- Create a **Personalized Nutrition and Exercise Profile**: based on your age, weight, height, gender, and activity level profile with recommended nutrient standards to conduct analysis and create sample meal plan. Put together the body composition test results and info to discuss. Put together sample exercise program based on your goals and all other "behind the scenes work" for you along the way while we work together! *\$240*
 - 3 day food diary **food intake analysis and assessment** with recommendations. *\$120*
- 4 day personalized sample meal plan with complete nutritional analysis. By evaluating your needs, goals and abilities, I'll match them to a nutritious **sample meal plans** with adequate calories based on your personal tastes and nutritional profile. *\$150*
 - Includes a personalized **Lifestyle Weight Management Resource Manual**. (*\$75 value*)
 - Copy of the books "**The Ultimate Fit of Fat**" and "**Fit or Fat Woman**" by Covert Bailey.
 - Copy of the book "**The Automatic Diet**" by Charles Stuart Platkin. (*\$25 value*)
- Copy of "**Healthy Dining in Orange County**" - filled with easy-to-read nutrition "labels" (calories, fat, cholesterol, carbs, etc.) for hundreds of menu choices in O.C. as well as \$350 in restaurant coupons. (*\$20 value*)
- 4 follow-up 30–45 minute **phone counseling meetings** for each person to stay on track which include discussions on meal planning, healthy eating made easy, exercise goals, dining out to name a few! *\$480*

Learn more about the 6-week program geared towards [couples](#).

Important, please read before starting this program: As a Lifestyle Weight Management Consultant through the American Council on Exercise it is beyond my scope of practice and qualifications to counsel on medical conditions such as diabetes, hypertension or high cholesterol, disordered eating or recommend dietary supplements. We are happy to refer any questions or issues beyond my scope of practice to a qualified health professional or offer a list of reliable health resources. As always, my goal is a successful experience for those we work with.

Whole Body Fitness/Lisa Dougherty bills its clients on a pre-pay basis. **Bills are issued directly to the client when services are retained and are due upon first meeting with client to create Lifestyle Weight Management Program.**

24 Hour Cancellation Policy for scheduled meetings and phone sessions: We work on a scheduled appointment basis. Because your appointment times has been reserved especially for you, *you are required to give a minimum of 24-hours notice when canceling a schedule meeting or phone session with us*, which at that time can be rescheduled at no charge. With a 24-hour notice We are able to schedule another client in your place.

If you cancel with less than 24 hours notice you will be billed an additional \$120 for meetings and \$50 for phone sessions above and beyond the \$800 program cost.

Continued Lifestyle Weight Management Services

Recommendations beyond any nutrition wellness program based on your individual needs.

- Weekly, bi-weekly or monthly face-to-face meetings or telephone sessions to assess progress, identify challenges and obstacles and adjust lifestyle accordingly. For telephone sessions, client can email

any journal information before scheduled assessment time.

- It is recommend that every 8-12 weeks a Lifestyle Weight Management assessment and goal re-evaluation is discussed.
- Once most goals are reached or changes have become permanent, consult every 3 months or as requested by client.

Lifestyle Coaching for weight management/basic nutrition/exercise (hourly rate): **\$75**

Grocery Shopping and Education Trip + cost of food you buy: **\$120***

This is a great follow-up service after the Lifestyle Weight Management Program.

The first step to eating right is buying the right foods! This service is great in conjunction with any nutrition program. This trip usually lasts up to 60 minutes. Choosing foods in your diet that promote health and prevent disease are important in a sensible diet.

- I will meet you at your grocery store, where you shop at the most.
- Includes reading food labels, choosing healthier foods, meal planning ideas and cooking suggestion.
 - Information handouts on label reading, cooking techniques, food safety and more.
 - **"Smart Eating"** a cookbook by Covert Bailey available at an additional cost of \$20.

*Inclusive of travel time within a 10-mile radius. Rates adjusted up according to distance needed to travel that exceeds 10 miles.

Payments due at time of service.

Note: Prior to participating in any exercise program or activity, you should seek the advice of your physician or other qualified health professional. No health information on this site should be used to diagnose, treat, cure or prevent any medical condition. As a Lifestyle Weight Management Consultant through the American Council on Exercise it is beyond my scope of practice and qualifications to counsel on disordered eating or recommend dietary supplements. we are happy to refer any questions or issues beyond my scope of practice to a qualified health professional or offer a list of reliable health resources. As always, my goal is a successful experience for those we work with. Information on this site is intended for general reference purposes only and is not intended to address specific medical conditions. Information on this site is not a substitute for professional medical advice or a medical exam.

Teen Personal Fitness Training

Are all Personal Trainers alike? Unfortunately they are not.....

Read more from IDEA, the world's leading membership organization of health and fitness professionals with more than 23,000 members in over 80 countries that has set the standards for personal trainers!

Whole Body Fitness offers various levels of personal trainers based on their experience, knowledge, and certifications.

This ranking system is used by the YMCA and IDEA Health and Fitness Association. All trainers are certified by nationally recognized organizations, CPR and First Aid certified, have liability insurance, are IDEA members, and participate in continuing education to stay apprised in safety, methodology, and technology in the fitness industry. Also offered are various packages based on these recognition levels.

Please refer to the [Whole Body Fitness Team](#) to select a personal trainer that is right for your teen.

One-on-One Private Training

Includes designing an individual fitness program and workout routine in line with teens personal goals and fitness level.

We will provide them with enough **guidance** and **education** to ensure that they establish effective exercise patterns right from the beginning! We will educate them on how their body functions and how to train it, in a safe effective manner.



Professional Trainer (**Monica Hirtreiter and Regina Keil**)

One-on-one single sessions, hourly rate: **\$75.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$65	\$60	\$390.00
10 sessions	\$60	\$150	\$600.00
16 sessions*	\$55	\$320	\$880.00
20 sessions*	\$50	\$500	\$1,000.00

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

Advanced Trainer (**Robin Rutherford**)

One-on-one single sessions, hourly rate: **\$80.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$70	\$60	\$420.00
10 sessions	\$65	\$150	\$650.00
16 sessions*	\$60	\$320	\$960.00
20 sessions*	\$55	\$500	\$1,100.00

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

Elite Trainer (**TBD**)

One-on-one single sessions, hourly rate: **\$85.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$75	\$60	\$450.00
10 sessions	\$70	\$150	\$700.00
16 sessions*	\$65	\$320	\$1,040.00
20 sessions*	\$60	\$500	\$1,200.00

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

Master Trainer (Lisa Dougherty)

One-on-one single sessions, hourly rate: **\$90.00**

Packages	Hourly Rate	Savings	Prices
6 sessions	\$80	\$60	\$480.00
10 sessions	\$75	\$150	\$750.00
16 sessions*	\$70	\$320	\$1,120.00
20 sessions*	\$65	\$500	\$1,300.00

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

***Included with the purchase of any package of 16+ sessions (\$150-210 value):**

- Learn about teen's lifestyle such as weight history, eating and exercise habits, health history and their fitness goals based on questionnaires that they complete.
- Produce a realistic and effective "fitness program" that is fun, conceivable and achievable based on their fitness levels.
- Discussions and educational handouts for teens on warming up, stretching, exercise basics and programs, etc.

*Included with the 16 or 20 session package training package is a complimentary body composition test for teens over 15 years old. Whole Body Fitness will pay for one body composition test with Fitness Wave per 12 month training period.