

My Sessions with Equally Fit



Notes to Caregivers:

Equally Fit is a studio- based, personal exercise training service dedicated to improving the quality of life of individuals with Autism Spectrum Disorder and other disabilities.

Owner Mark Fleming will meet clients where they are in their fitness and comfort levels. Each program is adapted for the individual and his or her goals.

Mark will do an initial consultation with your family to assess current skills and to fill out paperwork prior to enacting a training regimen.

During sessions, parents are welcome to wait in the waiting area, which has free WiFi.

<http://www.equallyfit.com/>

Today I will be meeting with my new Equally Fit trainer, Mark.
Mark is going to help me be healthier!
He can help me with my balance, my core strength, and my flexibility.



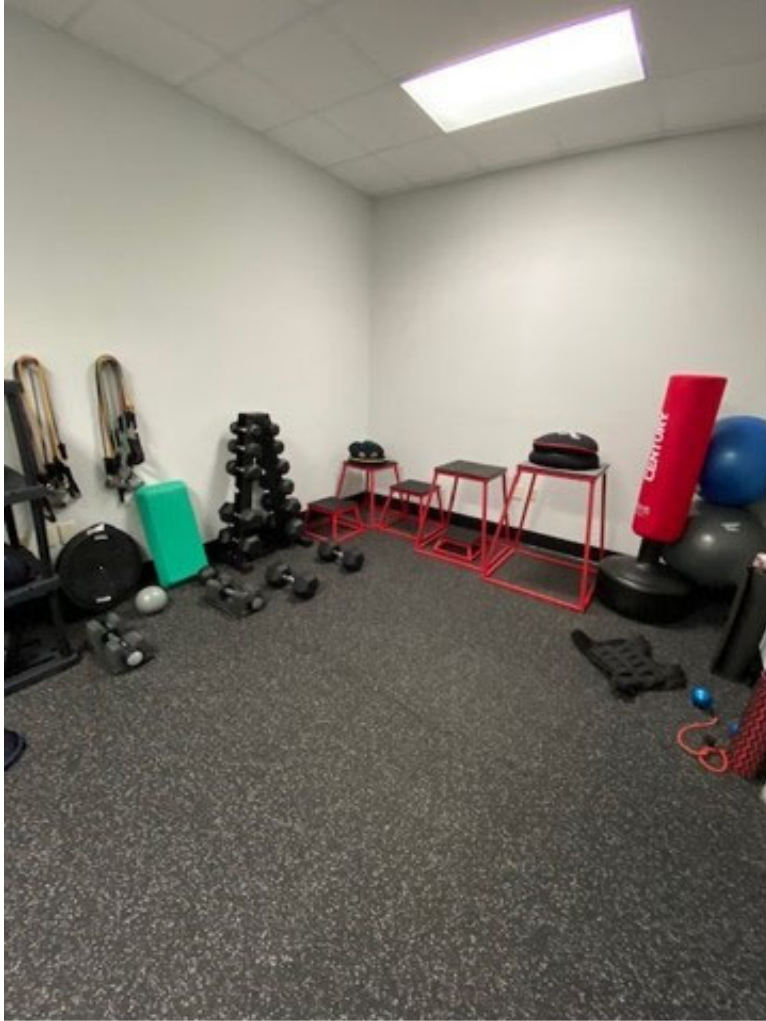
The first time I visit Mark at the gym, we will talk about my health history and fill out some forms. My mom or dad might help with this part. Then, Mark will ask me to do some light exercises, and also measure my height and weight. We will make a plan for our future training.



When I have a session at the gym, I can wear whatever makes me comfortable. I will wear clothes that I like to move in. If I feel uncomfortable with an exercise or I am afraid to do something, I can tell Mark.



Each session, Mark will have equipment ready for us to use together. He will show me how to use the equipment the correct way so I don't get hurt. These things are used to improve my jumping, throwing, movement, and strength.



I might be in a session with Mark by myself, or I can bring a friend!
After my session, I can practice what Mark showed me on my own at home.
It is important to stay healthy and active.



Created by:

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