

# REAL. SIMPLE. FITNESS.

PERSONAL TRAINING - GROUP FITNESS - HEALTH COACHING

## **FAQ**

### **When and how can I reach you?**

You can contact me via email at [realsimplefit@gmail.com](mailto:realsimplefit@gmail.com) or text me at 717-398-7074 between sessions. While I prioritize family time in the evenings, I'll do my best to reply within 24 hours.

## **Sessions & Classes:**

### **When should I arrive?**

Please arrive 5-10 minutes before your session or class to settle in and prepare. Consider some pre-workout stretching or foam rolling.

### **Where should I park?**

Park in any open spaces in the parking lot, behind my gray van, or along the road by the cemetery. Avoid parking under the overhang, reserved for apartment residents.

### **What should I wear?**

Wear comfortable, supportive clothes, and shoes.

### **What should I bring?**

All you need is a bottle of water. I usually have extra water and clean towels available. A good attitude helps but isn't necessary. 😊

### **What if I don't feel like coming?**

Come anyway. You will not ever regret getting your workout done.

## **Training:**

### **Will you push me too hard?**

I take a gentle approach to coaching, tailoring workouts to your comfort. Let me know if you need an extra push.

### **Will I be sore after my workout?**

If you haven't exercised in a while, some soreness in the beginning is common. I design your initial workouts to be lower in intensity to prevent intense soreness. If you experience soreness a day or two later, light movement can help alleviate discomfort by warming up those muscles.

### **What's an ideal exercise program?**

This ultimately depends on your goals. For overall health and longevity, aim to move daily for 30 minutes or 7,500 steps, and strength train 2-3 times each week. For even more health benefits, add moderate/vigorous cardio workouts 2-3 times each week.

If that sounds like a lot, remember it's important to start small and slowly incorporate exercise into your lifestyle until each step becomes a habit.

### **How do I choose the proper weight when strength training?**

Select a weight that feels very challenging by the last few reps, while maintaining good form. It's when we make our muscles work hard (take them to failure), that they rebuild and become stronger!

## **Results:**

### **Will I lose weight?**

For weight loss, focus on nutrition. Decreasing daily calorie intake aids in fat loss. Avoid eating more just because you exercised; we tend to overestimate calories burned during workouts. Check my blog for fat loss tips.

### **When will I see results?**

Results are based on goals, workout consistency, and nutrition. Immediate progress is not realistic; stay consistent and trust the process.

Exercise has immediate benefits like increased energy and reduced stress. Instead of solely focusing on visual changes, embrace the holistic benefits of regular exercise. You will grow stronger, capable and healthier!

## **Nutrition:**

### **What should I eat?**

Eat from all food groups, prioritize protein, and include complex carbs, fiber and healthy fats. Watch your portions and try new foods.

### **Should I time my eating around workouts?**

For energy and muscle recovery, include carbs and protein 1-2 hours before and after workouts. Most importantly, focus on balanced meals throughout the day, meal timing around workouts isn't critical.

**Please don't ever hesitate to ask questions!**