

CHECK OUT THE SCHEDULE ONLINE! WHICH DATE & PLACE WOULD YOU LIKE TO TRY YOUR FIRST SESSION?

- I'm just trying it out once...
- Might want to do a series!
- Definitely jumping in with both feet and signing on for a whole bunch!



PLEASE FAX THIS PRIOR TO YOUR FIRST SESSION OR BRING TO YOUR FIRST SESSION IF YOU HAVE NO FAX ACCESS

ecotrekfitness.com

E-FAX

616.743.5915

E-MAIL

info@ecotrekfitness.com

PARTICIPANT PROFILE

AGE RANGE:

- 16 & under
- late teens, early 20s
- mid to late 20s
- 30-something
- 40-something
- 50-something
- 60 & up

Name _____

Address _____

City, State, ZIP _____

Phone _____ (this would be a number that we can call if there is lightning or a location change)

Email _____ (this stays private and is not shared)

Birthdate (month & day) _____ (you can enjoy a FREE EcoTrek session on your birthday!)

Medical & Health Information:

Do you have any current or past medical condition that we should be aware of? _____

If yes, please explain: _____

Do you have any past or present injuries that we should be aware of? _____

If yes, please explain: _____

Everyone is encouraged to "go at their own pace" in the EcoTrek sessions.

Please describe what your current fitness level is:

- extremely fit (routinely runs marathons, lives an entirely healthy lifestyle, fit & healthy)
- generally fit (occasionally runs a 5K or 10K, currently at desired weight and fitness level)
- "I'm healthy but I want more..." (wants to possibly lose 5 pounds, tone up, gain more energy, feel more FIT!)
- "I'm on the path to fitness!" (have made a conscious decision to eat better, get more exercise, maybe want to lose 10-20 pounds)
- fitness level needs work (need to lose 25+ pounds for health benefits, wants to learn more about healthy eating - request diary sheets)

How many times a week are you doing some type of cardiovascular fitness?

(walking, jogging, running, biking, swimming - circle what you do) other: _____

none once twice three times four times five times or more

Are you currently weight training as a part of your exercise program?

Yes No

If you are weight training, indicate what type of equipment you are using:

None Free Weights Machines Other

What muscles fatigue quickly while weight training? Check all that apply.

- Abdominals Hamstrings Quadriceps (thighs) Calves Triceps
- Chest Neck Upper back Mid back Low back Shoulders Biceps

Anything else your Series Leader should know? 😊

Signature _____

Date _____



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What can you expect from the EcoTrek Fitness sessions?

- + Complete cardiovascular conditioning with aerobic and anaerobic training. Burn more calories and fat. Enjoy exhilarating trail "scampering" with hill work, interval, speed and agility training with a focus on correct form and breathing technique. Increase your VO2max.
- + Build balanced muscular strength and endurance using resistance tubing and your own body weight. Get strong... get toned!
- + Build core strength with yoga and pilates to achieve a strong, healthy back and abdominals and help prevent injury.
- + Develop keen mental focus, balance proprioceptive and kinesthetic awareness. Strengthen your muscle/brain connection. This is physical and mental fitness training!
- + Superb flexibility training to lengthen and open tight muscles and keep them flexible, while keeping joints lubricated and moving freely to help prevent injury.
- + Build excellent posture! Learn to correct your posture to improve form and function in your fitness training and in your daily life. Correcting your posture enables increased lung capacity, ease of movement and grace, freedom from painful tension patterns.
- + Please email **cari@ecotrekfitness.com** to request a food/activity diary sheet (and tips on making healthy eating choices) if your goals include **weight loss...** exercise is one tool for weightloss, but it works best when making healthy eating choices!

PLEASE CALL YOUR SERIES LEADER IF YOU NEED TO CANCEL, GET DIRECTIONS OR ARE RUNNING LATE FOR AN ECOTREK SESSION:

EcoTrek Fitness Leadership Team as of Summer 2014		
"LEAD FUNMASTER" SERIES ~ CARI DRAFT.....	616.291.2851	MICHIGAN
COOPERSVILLE AREA..... HANNA JONES	810.923.9084	MICHIGAN
GRAND RAPIDS SOUTH.... KYM MATTHEWS.....	616.485.5448	MICHIGAN
HOLLAND AREA..... AMY MILLER.....	616.510.5016	MICHIGAN
KALAMAZOO AREA..... KYLIE SCHULTZ.....	269.919.2233	MICHIGAN
LANSING AREA..... BRENDA ROGERS.....	517.243.6538	MICHIGAN
MORGANTOWN, WV..... LINDA BISE.....	304.282.9932	W.VIRGINIA

FOR NON-EMERGENCIES EMAIL WORKS GREAT AS CARI CHECKS IT OFTEN!

info@ecotrekfitness.com