



WITTFIT HEALTH L.L.C

RECLAIM YOUR HEALTH

WITTFIT HEALTH

CLIENT WELCOME PACKET

CLIENT: *new Client*

DATE: *2022*

WELCOME



THANK YOU FOR CHOOSING WITTFIT HEALTH TO BE YOUR PRIVATE GYM AND TRAINER

I'm so excited to help you on your fitness journey.

As your personal trainer, you can rely on me for everything you need for your fitness routine. Together we will create goals based on what you want to achieve and through fun sessions we will smash through those goals and help you “Reclaim Your Health”

I will take care of the planning and strategy for your fitness regimen. All you need to do is turn up, complete your workouts and follow the plan. However, the success of the plan depends on you, so 100% commitment is essential.

Let's get started!

Ben



”RECLAIM YOUR HEALTH“

We aim to encourage people of all ages and abilities to get fit and improve their health.

We are driven to provide a personalised service which successfully unlocks every client's full potential.

Our clients are all essential to our business so we strive to empower every client to improve their health and fitness through personalised expert-led exercise and nutritional solutions.

We tailor this personalised approach as necessary across every group exercise class and personal training plan that we offer both online and in the gym.



MEET BEN OWNER- WITTFIT HEALTH



I grew up in a very active family. By age 5 I was climbing Mt. Oldonyo Orok(Black Mountain) on the Kenya /Tanzania border near Mt. Kilimanjaro with my mom, dad, and three sisters.

In high school, I joined a swim team, ran cross-country, and eventually got into CrossFit. In 2018 I earned a BA in Kinesiology from the University of Texas at San Antonio, and while in school, began coaching part-time. Upon completion of my degree, I opened WittFit Health.

I met my wife Audrey at CrossFit, and we married in 2020. We work out regularly together and love to ski and play with Enzo our golden Retriever.

Maybe you grew up in an active family like I did but over the years let your health slide a bit. Perhaps you've had to deal with a life-changing physical event that put your health on hold. Or maybe you weren't super active growing up but want to start living a healthier lifestyle. I would love to help you reclaim your health!

GET TO KNOW US



ABOUT US

We are a group of certified Personal Training Professionals with a passion for creating exercise and diet programs that improve fitness, increase stamina and help YOU RECLAIM YOUR HEALTH

We create fun exercise routines that will have you laughing your way to a fitter and healthier life.

GET TO KNOW ME...

AS WE'RE GOING TO BE WORKING TOGETHER WE THOUGHT IT
WOULD BE FUN TO GET TO KNOW EACH OTHER

1. NICKNAME

Witte or Wittfit

2. ON MY DAY OFF YOU'LL FIND ME...

On the Golf Course

3. THE ONE FOOD I COULD NOT DO WITHOUT...

cookies

4. MY DRINK OF CHOICE IS

Dr. Pepper

5. YOU CAN CATCH ME BINGE WATCHING...

The Office

6. I AM SCARED OF...

Clowns

7. MY GO-TO OUTFIT IS...

Boots and wranglers

8. THE PERSON I MOST WANT TO MEET IS...

Kevin Hart

9. ONE DAY I WANT TO...

Own the best gym in sa

10. THE THING I LOVE MOST IS...

Spending time with my wife

CHECK OUT YOUR GYM

Wlittfit Was created back in 2018 out of a small garage.. This 2000 sq feet ac and heated facility was built back in october of 2021. This gym is the only 5 star private facility in northwest San Antonio. This gym is fully Rogue equipment outfitted to meet your highest standards.

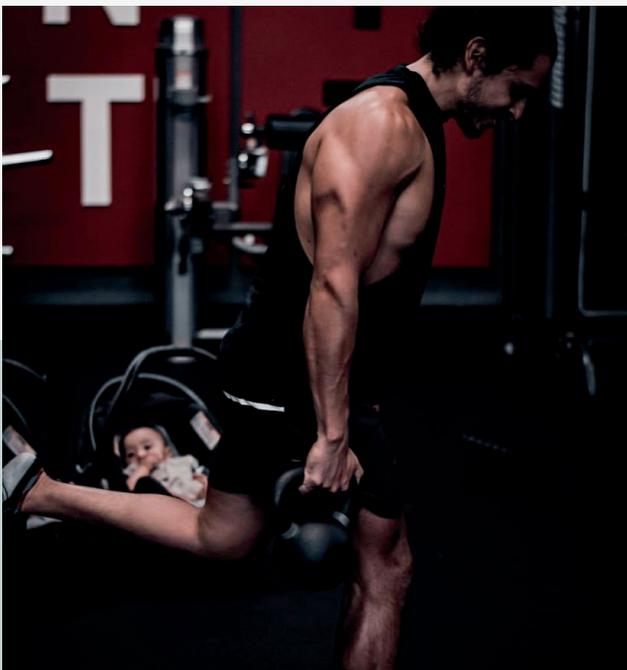
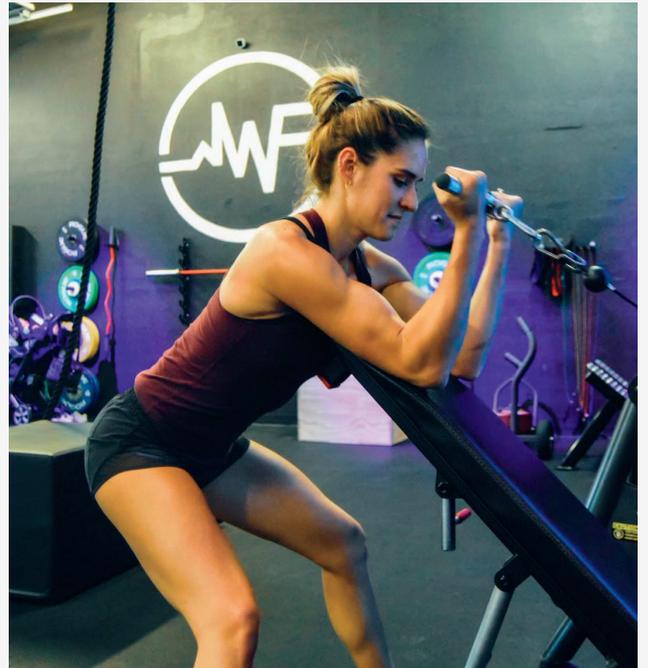


PERKS OF TRAINING AT WITTFIT HEALTH



Brand new fully rogue equipped, AC and Heated private gym

Clients have full access to personalized nutrition and programming 7 days a week



Members enjoy a 5 star private facility with their own door code access

HOW IT WORKS

01

Fill out the Client Questionnaire and describe the results you want and the areas you want to focus on.

02

Meet with your assigned fitness instructor and work together to create your personalized fitness plan.

03

Schedule your twice-weekly personal trainer sessions as well as your independent exercise sessions.

04

Start your Fitness Plan and start working towards your goals with weekly reviews on progress.



SERVICES

PERSONAL TRAINING

The personal Training program is the most popular program, and developed specifically to your body after a full body assessment has been completed. This program will get you to your goals in the shortest amount of time. The personal training program does include full in depth nutrition and tracking between trainer and client.

SEMI PRIVATE

"If you want to go fast go alone, If you want to go far go together" If you know of someone that wants to make their goals happen as bad as you this is for y'all. If you and your partner want something to do together as a hobby then group training is the perfect fit. This can be anywhere between 2-5 people per group.

OPEN GYM

Wittfit Health is a state of the art fully loaded Rogue equipped facility. This gym has access 15 hours a day 7 days a week with your own individual access key code. This facility is at your disposal whenever you need it to fit your busy schedule. Inquire for further information on this service

Nutrition

The saying around town is the rule of 70/30. The work you put in is 30 percent while the nutrition for results is the 70. The nutrition program will be tailored specifically to you after a complete body analysis has been completed including body mass measurements and body fat analysis. Keto, intermittent fasting, low carb, macros are all available options to you.

WHAT TO EXPECT

Your instructor will listen to you and aim to understand your health and fitness needs. From this a detailed Fitness Plan will be created and guidelines for each future session will be set down. The goal of each fitness session is to work through the goals set out in the Fitness Plan.

At the end of each session, the goals, aims and objectives laid out in the Fitness Plan will be reviewed and progress recorded. If needed, adjustments can be made to the Fitness Plan depending on performance in the fitness sessions.

The instructor will work closely with you throughout the session guiding you in good technique and practice as well as holding you accountable for reaching your goals.

With this fitness instructor by your side guiding you, you should reach your fitness and wellbeing goals within the timeframe set out in your Fitness Plan.



THE STRATEGY

01

Evaluate Your Condition

Through in depth body analysis, body fat analysis, and detailed math your coach figures out your starting position

Plan Your Individual Program

Meet with your assigned fitness instructor and work together to create your personalized fitness plan.

02

03

Execute With Professional Help

Schedule your sessions with your trainer based on your schedule and get to execution with the plan in play

Enjoy a better life while you “Reclaim Your Health”

Start your Fitness Plan and start working towards your goals with weekly reviews on progress.

04

QUESTIONS?

Why do I need a personal trainer?

A PT will deliver an effective exercise program and motivate you, as well as look at lifestyle issues and nutrition that contribute to making your exercise programme even more effective.

Do I need to be fit to start training with a personal trainer?

No - not at all. Using a Personal Trainer is a great way to get fit in the first place. Each person is unique so have their own personal challenges, whether it's your first 5K or running a marathon.

How many sessions should I book to start with?

We recommend to book 2-3 sessions per week with the trainer. This gives time to create a personalized fitness program. If, after a few months you need to scale down you can move to semi private or open gym format.

Why choose Wittfit Health

Wittfit Health is the only 5 star private gym in San Antonio. Ben Witte and the other coaches make it their goal and life to see you change and go out of their way to better you and your growth. Your goals become their goals.

What should I wear - do I need specialist clothing?

Wear clothes that allow easy movement. You don't need to buy any specialist clothing - as long as you are comfortable and are able to stretch easily, you can wear whatever you feel comfortable in.

What if I have other questions not covered here?

Then please reach out to us. You can contact us by email at benjamin@wittfithealth.com and we will do our best to answer your questions.

PRICING



Private Training

1x Week: \$75 per session
2x Week: \$65 per session
3x Week \$60 per session
Spouse add on +\$25 per session

MONTHLY

- ✓ Most Popular
- ✓ Fastest Results
- ✓ Nutrition and access code

Semi Private

2x Week: \$40 per session
3x Week: \$35 per session
2-4 people per session
Nutrition Included

Monthly

- ✓ Budget friendly
- ✓ Great for friends
- ✓ small group format

Open Gym

\$150

Monthly

- ✓ More cost effective
- ✓ More convenience
- ✓ 15 hours of access

CLIENT FITNESS GOALS

Name	DOB
Address	Email
Phone	Occupation

What goal do you want to achieve?

- | | | |
|--|--|--|
| <input type="checkbox"/> Reduce body fat | <input type="checkbox"/> Increase fitness | <input type="checkbox"/> Improve muscle tone |
| <input type="checkbox"/> Manage stress | <input type="checkbox"/> Improve flexibility | <input type="checkbox"/> Rehabilitation |
| <input type="checkbox"/> Strength training | <input type="checkbox"/> Sports conditioning | <input type="checkbox"/> Other |

Which body part do you want to focus on?

- | | | |
|----------------------------------|------------------------------------|---|
| <input type="checkbox"/> Thighs | <input type="checkbox"/> Back | <input type="checkbox"/> Waist and hips |
| <input type="checkbox"/> Arms | <input type="checkbox"/> Buttocks | <input type="checkbox"/> Whole body |
| <input type="checkbox"/> Stomach | <input type="checkbox"/> Shoulders | <input type="checkbox"/> Other |

Why would you like to achieve these results?

When would you like to achieve these results?

How many days a week would you like to exercise?

Do you smoke? Yes No

Are you pregnant? Yes No

Have you ever experienced?

- | | | |
|--|--|--|
| <input type="checkbox"/> Heart trouble | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Back problems |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Faint or dizzy spells | <input type="checkbox"/> Other |

I understand that Shelby Fitness is not able to provide medical advice and that this information is used only as a guideline to the limitations of my ability to exercise. I will not hold Shelby Fitness liable in any way for injuries that might occur while I am exercising.

Signed _____ Date _____

CLIENT COACHING HISTORY

Please take a few minutes to answer the following questions about your past coaching experience so that we can better understand your needs.

Name: _____

List dates and durations of any fitness coaching sessions you've had in the past.

Why did you choose your previous coaches?

What were your biggest achievements working with coaches in the past?

In what ways could your previous coaches have improved their service?

Why did you end your relationship with your last coach?

- Location move
- No progress being made
- Relationship break down
- Other

Do you have any information that you'd like to share?

TERMS AND CONDITIONS

These terms and conditions form part of your agreement with Wittfit Health

PURCHASING SESSIONS

Session purchases can be made with the Personal Trainer of your choice. You will be contacted within 24 hours of your purchase to discuss your personal goals with your Personal Trainer.

PAYMENTS

All payments must be made in full prior to any sessions being undertaken.

After payment, you will receive a copy of this agreement, along with a receipt for any payment of sessions you make.

CANCELLATIONS

If your Personal Trainer fails to give you 24 hours' prior notice of any cancellation, you will be entitled to 1 extra hour of Personal Training, in addition to the session you missed.

We require a minimum of 24 hours' prior notice of any cancellation of any Personal Training sessions. This can be made directly through the contact details given in this pack. If you do not provide a minimum of 24 hours' prior notice, you may lose that session and no refund will be made to you.

Any rearranged cancelled sessions will be at a time mutually agreed between you and the Personal Trainer.

COMPLAINTS

If for any reason you are unhappy with your Personal Trainer, you may transfer to another personal trainer at any given time.

In all circumstances, any sessions used with the previous Personal Trainer remain used.

Your Personal Trainer cannot prescribe treatment or diagnose medical conditions. They may at any time ask to consult with your doctor should any medical condition arise.

REFUNDS

If for any medical reason you are no longer able to complete any Personal Training sessions, you will be given a refund on any outstanding sessions. We may ask for you to provide proof from your doctor.

CLIENT AGREEMENT

Client Name _____

This client agreement is entered into between Shelby Fitness and the client named above. It will start on 26th August 2021 and continue on a monthly plan for 12 months.

Fees

The fee for the sessions will be determined by the service provided and the frequency of sessions each week. Payment will be taken either weekly, bi-weekly, or monthly and paid up front before sessions commence.

Cancellation Policy

Clients maintain the right to cancel payment at any time. Cancellation must be given in writing and received before the following month's billing cycle. If you need to cancel a session, please give 24 hours notice to reschedule the monthly session.

Services

The client will be provided with a monthly fitness plan personalized to their specific needs. This plan will be created by the instructor and client using the previous month's results and the following month's goals and objectives.

Termination

Termination of this agreement may occur at the discretion of the coach if the client does not fulfil their obligations. Obligations include payment of monthly fees and implementing the exercise plan as set out by the instructor.

Confidentiality

The relationship between the client and instructor is confidential and anything that is said or revealed will not be disclosed unless it includes disclosure of illegal or criminal activities.

The methods utilized by Wittfit Health do not guarantee results. They are guidelines for clients to follow only.

By signing below, you agree with the information laid out in this document.

Signed _____ Date _____

PAYMENT AGREEMENT

Client name:

Client address:

Client email:

FEE SCHEDULE

As per the agreement entered into on _____, a payment for PERSONAL TRAINING SERVICE provided by Wittfit Health of _____ will be billed to you on the _____ of each month prior to that month's personal training session.

You have authorised for the amount stated above to be charged to your form of payment. This payment will recur every month until cancelled by you. Please see the cancellation policy for more details.

PAYMENT OPTIONS

Payment is accepted through options below

1. Credit card
2. PayPal, Venmo, or Zelle
3. Cash or Check

You may cancel at any time in advance of your next session as laid out in our cancellation policy.

Please contact us by phone or email if you have any questions about this payment agreement.

I understand that I am responsible for payment of all services as detailed above:

Wittfit Health
13302 Western oak dr
Helotes, Tx 78023
432-210-9888
Benjamin@wittfithealth.com

Signature of client

Date

CONTRACT

MY COMMITMENT TO YOU

Confidentiality

All discussions and information shared will be kept in confidence and not shared with third parties.

Experience

I will use my experience to create a program of exercises and lifestyle choices to best fit achievement of your personal goals.

Attendance

If a session is late or cancelled because of unforeseen circumstances, I will reschedule accordingly.

YOUR COMMITMENT TO ME

Disclosure

You must disclose any health information to me so that I can create a program which best fits your needs based on your current health and fitness.

Attendance

If you need to cancel a session then please give me 24 hours notice so that I can reschedule. If you are late for a session, I am unable to add time on to a session at late notice.

Preparation

To get the most from your session please ensure that you have a light meal 2 - 3 hours before session, remain well-hydrated before and throughout the session, bring a small towel and wear appropriate clothing.

Communication

You must keep me fully informed of any issues that arise for you and be keen to ask questions if you don't understand anything during your training sessions.

Session details

Session length:

Session fee:

Session term:

Session frequency:

TERMS OF THIS AGREEMENT

The client understands that they will be paying the trainer as outlined above and agrees to make all payments by the due date.

I have read and understood this agreement.

Client's Name _____ Signature _____ Date _____

Trainer's Name _____ Signature _____ Date _____

NUTRITION



What does Nutrition look like

When it comes to nutrition people think that your success and the weight you lose or muscle you gain is all directly related to the physical working out. Have you ever heard the saying abs are made in the kitchen? Or hear of the 70/30 rule? Well it is a proven fact that what you eat and do is 70% of the game while only 30% of it is our hands on working out. And its true that you can not physically do enough sit ups or abs to overcome a bad eating habit. So what does eating look like? Well at Wittfit Health its all done for you. Day 1 is our physical mass measurements, and body fat percent analysis. Through these measurements I am able to calculate your TDEE and therefor calculate your calorie range which leads us into your macros aka your protein, carbohydrates, and fats. Through all these numbers you will be able to track your food through my fitness pal and in turn make sure that you are getting the appropriate calories range and macros range. At Wittfit Health I will personally redo these measurements every month to 2 months to make sure everything is moving in the direction that they should be. After our nutrition we will go over eating and how best to achieve these numbers using some of the awesome foods below broken down by each category

PROTEINS



CASE STUDY TITLE

Examples:

Chicken, salmon, turkey, ground beef, pork, tuna
Black beans, Lima beans, almonds,
cottage cheese, Greek yogurt Eggs, milk

Here are five compelling reasons why you should make sure you are getting enough protein every day:

1. Build. Protein is an important building block of bones, muscles, cartilage and skin. In fact, your hair and nails are comprised mostly of protein.
2. Repair. Your body uses it to build and repair tissue.
3. Oxygenate. Red blood cells contain a protein compound that carries oxygen throughout the body. This helps supply your entire body with the nutrients it needs.
4. Digest. About half the dietary protein that you consume each day goes into making enzymes, which aids in digesting food, and making new cells and body chemicals.
5. Regulate. Protein plays an important role in hormone regulation, especially during the transformation and development of cells during puberty.

CARBOHYDRATES



Ahhhh.... The lovely famous words spoken... I have to cut all my carbs to lose weight or tone up. Well believe it or not yes and no its more in moderation. Carbs aren't bad, its just getting the right carbs and in the right portion to have the best results.

General list of carbs broken by categories

STARCHES

Quinoa, Oats, Buckwheat, Sweet potatoe, Rice,

NOT SO GOOD CARBS= Pasta, Breads, Anything with flour.

** Think of it this way. The more processed it is from its original form, the worst it is going to be for you. So oats and rice for example haven't been changes from their form. Pasta or bread however has been processed and came from something else first before it came pasta and bread.

FRUITS: are not starches, these are sugars aka fructose and are immediate energy not long term sustained energy like a starch is. Fruits are great for you, but in moderation and when you need an immediate source of energy.

Remember that when it comes to carbs, if we have to much excess at the end of the day then our battery or body is to full of them and they have to go somewhere soooo where? Well unfortunately they get stored as fat which doesn't look so pretty on us.

FATS



Think of fats as the oil in the engine that makes everything work. Without fats we tend to be more lethargic tired and not have as much brain function. Fats are a great thing to eat assuming we eat the healthy fats listed below. When we don't eat healthy fats is when we tend to go into a storage of these. Fats can be used for weight loss as well especially for a diet such as keto which I'm sure you have heard of. Our body however isn't meant to run on fats as an energy source that is why most people do not react well to this kind of diet.

General Healthy Fats Fatty meats aka salmon, tuna,
Eggs, milk., cheese

Avocado, and nuts, pumpkin seeds, sunflower seeds, almonds, chia seeds

BAD FATS

Butter, margarine, shortening aka saturated or trans fats, also fried foods, that's anything fried, baked goods. Aka cookies and cakes. Processed foods aka crackers, microwave popcorn, anything that is processed and packaged. These are the killers.. literally

SLEEP



Think of sleep in terms of recovery. The sleep that we get at night is our bodies way of recovering. During sleep the body releases hormones and little bots out into the body aka the work crew that go to the damaged area for repair. That can be as simple as repairing a scratch you got on your knee from today's fall on the court. That can be the repair of your brain from that big test you took. That can also be to help fix and lower the stress and cortisol hormone that is accumulated from school, work, and life in general. Generally its widely accepted that 8 hours is the norm for sleep while kids to teenagers should get up 12 hours of sleep for recovery. The sleep that you get is best performed during general hours when you should be in bed and also not under the influence of caffeine or sugar.

For example the half life of caffeine or coffee is 14 hours. That means 14 hours after you had it, you're still feeling the effects of the caffeine on your brain even thought you don't physically notice it. Another example is drinking soda with dinner, that will ultimately cause a lack of quality sleep and bad performance.

Tips for good sleep Stop caffeine or sugar at or before lunchtime

Have dinner at least three hours before bed time Power off all electronics 60 minu

CLIENT FOOD LOG

Day 1

Day 2

CLIENT FOOD LOG

Day 3

Day 4



WITTFIT HEALTH L.L.C
RECLAIM YOUR HEALTH

WE LOVE TO CHAT...

HOW YOU CAN CONTACT US:

Contact us by email at
benjamin@wittfithealth.com
or phone 432-210-9888
to speak to Benjamin.

OUR Gym HOURS

Our gym hours are 5:00 am until 9:00 pm Monday through Saturday.

Address:
13302 Western Oak Dr
Helotes, Tx 78203



THANK YOU

Thank you so much for choosing Wittfit Health.
We can't wait to see all that you achieve

NOTES

A series of horizontal blue lines for writing notes, separated by a vertical red margin line on the left side.

NOTES

A series of horizontal blue lines for writing notes, separated by a vertical red margin line on the left side.