



Personal Training at IBCC

What's involved in a Fitness Plan?

Every person has a different set of goals and different reasons for working with a personal trainer. It is a valuable service, no matter what your fitness goals may be.

We will help you design the plan that works best for you. Most programs typically include cardiovascular activity information and planning, strength training, stretching activities, nutritional support, motivational concepts, and professional communication with your health care providers.

Most programs include the following pieces:

Cardiovascular Activity.

Cardiovascular fitness helps to prevent heart attacks, strokes, and cancer. It also reduces stress, decreases blood pressure, and helps control weight. This type of activity is included in nearly all fitness programs. We can help you select equipment, decide how to use it, assist in maintaining it, and help you use it with other cardiovascular activities to best achieve your fitness goals.

Strength Training.

Strength programs all begin with an overview of safety and injury prevention. Muscles used during your daily activities will be reviewed, and a program will be designed to develop a balanced muscle build. Following your "safety muscle strengthening", other programs and strength training strategies may be used to obtain your goals. Strength programs often used include Strength training for weight loss, Strength training for balance and coordination, Pre-exhaustion training, Endurance strength training, and others.

Stretching/Movement.

Flexibility and recovery are important parts of staying aware, rejuvenating, and being injury free. As both a therapist and a trainer (as well as an ex-gymnast and current rock climber), you will be guided through thorough and effective stretches that maximize the benefits in the time you are stretching. Most people enjoy learning a good passive stretching program, but we can also advance into stretching with a rope, a therapeutic ball, or with resisted stretching techniques.

Motivational Concepts

These keep you energized and on track. The focus is on helping you make well-educated choices for your own body and mind. As a result, you can discover the many facets of living healthily and find motivation in learning new things!

Nutritional Support

Nutrition is a key component to being healthy and reaching your wellness goals. At minimum, verbal check-ins assure that you are getting nutrients in the right proportions. At maximum, we can journal and analyze the nutrients and in your food and discuss it in terms of proper ratios and caloric needs. Current industry information is key here, as people develop a better understanding of how food, vitamins, and minerals affect our health. Please ask about supplements and herbs that can support you as your work toward your desired lifestyle.

Communication with health care providers

All practitioners at Ishman BodyCare Center will talk to your doctors or therapists whenever it is necessary. We welcome the opportunity to be part of your health care team.