



WELCOME TO SOUTH SHORE FIT BODY

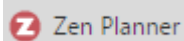
I'm VERY excited to have you here as a very important member of our community.

The following document should serve as a checklist for you to make sure you have access to all the tools we have available for you as you work towards your goal to improve your Health and Functional Fitness. Our program follows a pretty simple formula: **FITNESS + NUTRITION + SUPPORT = RESULTS**

If at any time you would like to schedule time with myself or one of our coaches, please use our online scheduler. You can [CLICK HERE](#) or go to www.southshorefitbody.com/schedule-appointment

Understanding and using the tools we have available for you helps us to keep things running smoothly which ensures we spend our time focusing on getting you the best training possible.

SOFTWARE WE USE



What to use it for:

- Reserve a training session or get on a waitlist for a session
- Review your stats, retrieve basic meal plans etc.
- Web Link: <https://southshorefbbc.zenplanner.com/>
- To help with accountability, check in when arriving to your session on the IPAD at the front desk.

You should have received an email from South Shore Fit Body Boot Camp (***Subject Line: your web site login information***). If you do not see it, please review your junk/spam folder as these emails at times will be filtered out. You will be asked to set up your primary email and password. If you wait longer than 24 hours to respond to that email and set up your password, you may need to go back to the email and click "forgot password" to reset it.

There is an App for that. Download the Zen Planner App for your Apple or Android Phone

- **Apple App:** <http://bit.ly/Zen-Apple>
- **Android App:** <http://bit.ly/Zen-Droid>

Use the same email and password to log into your account. Once you have the app downloaded and activated, open the app up, find the session times you would like to attend and reserve your times. You can reserve up to 14-days in advance.

- ☐ I have received the email from Zen Planner
 - ☐ I have activated my personal account
 - ☐ I have added the Zen Planner App to my smart phone and reserved a session.
- [Click here](#) for more information on managing your account on Zen Planner



South Shore Fit Body Blog (www.southshorefitbody.com)

What we use it for:

- General posts, information and support documents
- ☐ I have set saved this as a book mark on my favorite browser



(www.fit3d.com)

What we use it for:

- Tracking your weight, measurements and body composition
- Get more information about how this tool works at www.southshorefitbody.com/fit3d

You will need to sign up for a Fit3D account. You can do this either in the studio before your first scan or on-line by clicking [HERE](#). Please remember (or better yet write it down) your password as you will need this before each scan you do.

☐ I have set up my Fit3D account

☐ I have completed my first scan



Pro Diets (<http://ssfitbody.dmwebpro.com/>)

What we use it for:

- Pro Diets™ provides you with a wide-range of Registered Dietitian-designed & approved Meal Plans.

Nutrition is a huge component on ensuring your health and wellness goals are achieved. Knowing what to focus on and with confidence that the plan is built specifically for you and your lifestyle. Pro Diets is available to all members as part of their program (please ask for access) and to non-members for a small fee.

☐ I have requested a Pro Diets Account

User Name:

Password (Web):

☐ I have downloaded Pro Diets to my Smart Phone

Password (Mobile App):

☐ I have completed the questionnaire

☐ I have Picked my Meal Type

☐ I have Reviewed and Edited my Meal Plan

☐ I have Printed my personalized meal plan and Grocery list



Your Private Facebook Group

Don't be left out! Our clients LOVE this group! We have a private Facebook group set up so that all of our clients can privately communicate on the forum as we provide counsel, encouragement, recipes, pictures, and accountability for each other. You'll find that everyone who succeeds in a fitness journey has a support group!

What we use it for:

- Question and answer
- Team and Social comradery
- Event invitations and other social/community outreach
- Group Page: <https://www.facebook.com/groups/SouthShoreFitBody>
- Fan Page – Fit Body Forever (please Like): <https://facebook.com/FunctionalAtAnyAge/>
- Fan Page – Fit Body Boot Camp (please Like): <https://facebook.com/SouthShoreFit>

☐ I have requested to join the South Shore Fit Body Private Group Page

☐ I have LIKED the South Shore Fit Body Forever and Boot Camp Fan Pages (public)



Check in for charity!

Every time you check in on Facebook at [South Shore Fit Body Forever](#), or [South Shore Fit Body Boot Camp](#) and tag me @Coach-Leon FBBC we donate to an awesome charity doing great things for the community! **Go the extra mile** – as you're checking in be sure and tag a friend and upload a picture from time to time! On your FB status click "Check In" and select [South Shore Fit Body Forever](#) with the current month's charity hashtag (ask for details) and #unstoppablesouthshore.

OTHER INTAKE STEPS

New Client Questionnaire – Participant Activity Readiness (ParQ)

- If you have not already completed the ParQ in the studio, please [download it here](#), print, complete and bring it into the studio. This information will help us prepare for your arrival.

☐ I have completed the ParQ form and emailed it to admin@southshorebbc.com or brought it with me to the studio.

Before Pictures

- Visual proof is key. Along with the Fit3D scan having these pictures to reference your changes as a result of our program (fitness, nutrition and support) is critical. We'd like to take your "before" pictures here at the studio. However, you have the option to have your significant other, or friend, take 3 pictures of you in tight fitting work-out attire: a. front pic b. side pic c. back pic – and store them safely! Remember, nobody likes their "before" pics when you take them. However, when you take your "after" pictures you will love them then! So take them!



☐ I have my "before" pictures taken and safely stored

OTHER PRODUCTS AND SUPPORT MATERIALS

Real Time Pain Relief – As part of your welcome packet you should have received a trial sample of the RTPR product. This is an awesome and well-crafted analgesic cream designed to relieve sore muscles. We offer it in the studio or you can purchase it on-line at <https://rtpr.com/offer/a346214e>

Protein Powder, Vitamins and other Supplements – I work through Jaylab Pro for supplements, they offer quality products with great ingredients at a very competitive price. Make sure to check in with us to see if there is a discount code available. I recommend people look at supplementing with a Multi-Vitamin, Omega III and Protein <https://fitsouthshore.jaylabpro.com/>

Please Note the Epsom Salts provided in your welcome kit contains Eucalyptus and Peppermint. An Epsom Salt Bath is a great way to relieve muscle soreness and distress the body.

WHAT TO EXPECT WHEN YOU START TRAINING

- **Plan to show up 5-10 minutes early** every session to have time to warm up and get ready to go when your session starts. Keep in mind, if you need to change clothes, allow time for that.
- **Plan to work hard!** As your fitness coach, we want you to get the best results. In order to do this, we're going to push you to give us your best effort. As trainers, we'll motivate you to work harder than you might want to in the moment. This is for your own good and probably the very reason you've come to us. To achieve high quality results, we need high quality effort. If you want to progress, your training must get progressively more challenging as you increase the intensity of your workout! Of course, you'll want to communicate with us if something hurts, or doesn't feel right. We can adjust any session to ensure you're needs are met without harm.
- **You WILL be sore at first.** Sometimes people are surprised by this. Don't be. Soreness is common and should be expected for the first few weeks. However, soreness should be in your muscles, NOT in your joints. If your joints are hurting after exercise, please communicate that immediately. We expect your leg muscles might be sore, we don't want your knee or hip joint to be sore. For more on post workout soreness and how to relieve, please read my blog post southshorefitbody.com/single-post/2017/04/12/Muscle-Soreness
- **Drink water before, during, and after your sessions.** Staying hydrated speeds muscle recovery.
- **Please eat at a reasonable time before your session.** Coming in on a full stomach might not be a good idea, but not having eaten for 3 hours or more could mean you can't train hard since you'll may run out of fuel. For early morning sessions working out in a fasted state is OK, but you need to pay attention to your energy level.
- **Invite Guests.** You're always welcome (and encouraged!) to invite guests (including a spouse) to join you for your workout. Please let us know in advance for group sessions. A quick phone call is fine. Guests are welcome to attend without a membership up to 3 times each.
- **Start thinking of exercise as the best thing you do for your body and your physical well-being all day.** It should restore, replenish, and revitalize you...even if it is exhausting. Stick with it! Make this a priority for your physical health.
- **Think holistically.** Begin learning more about other ways you can take better care of your body and your health...including your food choices, your sleep habits, your stress levels, and the amount of time you spend doing what you love with the people you love.
- **Nutrition is your duty.** Hard work only pays off when you take care of your body and nourish it properly. Need help? Set up a nutrition consultation and make the most of your time with us.