

# PERSONAL TRAINERS

## Jen Mielke

Jen is a certified personal training through the American Council on Exercise (ACE). Jen really enjoys working with people of all ages: young adults up to the young at heart! Her favorite part of working with people is seeing each client's progression to becoming healthier and reaching their goals so they can live a better life!

## Shannon Turek

Shannon is certified in Personal Training and a Group Exercise Fitness Instructor through National Exercise Trainer's Association (NETA). Shannon really enjoys working with all ages and fitness levels, but is especially passionate about helping moms find the time to exercise and prioritize their health.

## Emily Birdsall

Emily is certified in Personal Training through the National Exercise Trainer's Association (NETA) and is also a RRCA Running Coach. Emily's passion is helping others achieve their fitness goals, whether it's competing in a race or feeling fit and confident to tackle any life's adventures.

## Michael Natt

Michael is a certified Personal Trainer through the National Academy of Sports Medicine (NASM). He also has NASM certifications in Corrective Exercise, Sports Performance and Behavior Change, and a Senior Fitness Specialty certification through the National Exercise Trainer's Association (NETA). His mission statement is to: Help people become the best version of who they are. He is eager to share his knowledge and passion for health and fitness with others.

## Rex Snyder

Rex is certified in Personal Training through American Council on Exercise (ACE). Rex believes in a healthy lifestyle of exercise and clean eating. He loves encouraging people in achieving their exercising goals and is a stickler for good form.

## Kristi Tollefsrud

Rex is certified in Personal Training through American Council on Exercise (ACE). Rex believes in a healthy lifestyle of exercise and clean eating. He loves encouraging people in achieving their exercising goals and is a stickler for good form.

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# FITNESS ASSESSMENTS



## THE 5 COMPONENTS OF FITNESS

### CARDIOVASCULAR ENDURANCE

Cardiovascular endurance is your body's ability to keep up with exercise like running, jogging, cycling and anything that forces your system (lungs, heart, blood vessels) work for extended periods of time. Together, the heart and lungs fuel your body with oxygen needed by your muscles, ensuring that they have the oxygen needed for the work they are doing.

### MUSCLAR STRENGTH

This is the "power" that helps you to lift and carry heavy objects. Without muscular strength, your body would be weak and unable to keep up with the demands you place upon it.

### MUSCULAR ENDURANCE

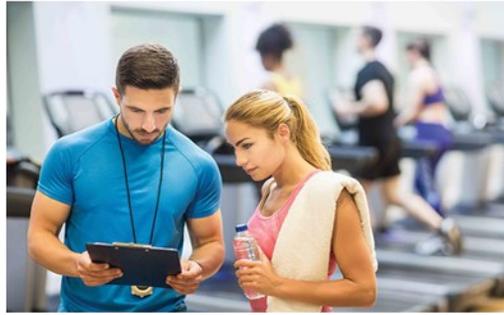
Endurance is the ability of your muscles to perform contractions for extended periods of time. Rather than just lifting or carrying something for a few seconds, the muscles are used for minutes.

### FLEXIBILITY

Flexibility is one of the most important, yet often overlooked, components of physical fitness. Without flexibility, the muscles and joints would grow stiff and movement would be limited. Flexibility training ensures that your body can move through its entire range of motion without pain or stiffness.

### BODY COMPOSITION

Body fat composition refers to the amount of fat on your body. For example, a 100-pound person with a 25% body fat composition will have a lean body mass of 75 pounds.



## BODY COMPOSITION ASSESSMENT \$25

### Measurements taken include:

Height, weight, body fat & circumferences

Price includes initial and follow up assessment.

## FULL FITNESS ASSESSMENT \$50

- Measures all 5 components of fitness
- The full body assessment results will give up an idea of how you compare to your population
- Includes recommendations from a certified trainer
- Price includes initial and follow up assessment

*Fitness assessments are included in personal training prices*

## SESSION PROTOCOL INBODY

Prepare for you BIA test by adhering to the following instructions:

- Do not eat for 2-4 hours prior to testing
- Do not excessively drink water 2-4 hours prior to testing
- Do not exercise 6-12 hours prior to testing
- Do not consume alcohol for 12-24 hours prior to testing
- Do not drink caffeine on the day of your test
- Insure access to both feet with removable footwear
- Do not wear heavy jewelry
- Do not put lotion on your hand and feet
- Do not take a shower/sauna before measurement
- Measure after standing for at least 2-5 minutes
- For females, avoid having measurement during menstrual period as total body water will be higher than normal

**“DON'T WISH FOR  
A GOOD BODY.  
WORK FOR IT!”**