

# FREE HEALTH & FITNESS CONSULTATION

Please take a moment to complete this survey. Your feedback will greatly influence my service, programs, and wellness seminar topics. For your time and upon return of the survey, I will offer a complimentary 1hr health and fitness consultation. This will ascertain where it is you are from a mental and physical standpoint concerning health and fitness. A physical fitness assessment will then essentially determine how we may proceed to coincide your needs with your wants. Even if no consultation or assessment is required your feedback is greatly appreciated. **Please either return in person or email to [achievafitandwell@gmail.com](mailto:achievafitandwell@gmail.com)**

To receive your free consultation please contact Anthony at 647.999.3884 to set up an appointment.

Please note first and last name

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Please note age and gender

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1. How would "You" define a state of being healthy?

- Appearing physically fit
- Being disease free
- Void of physical pain or chronic distress
- Eating a healthy and regimented diet
- Having a healthy mind set
- Other \_\_\_\_\_

2. Do you feel that the media and society educate you enough on the choices you made above?

- Yes
- No

3. Upon being treated or diagnosed with a particular problem/ailment, do you always feel as though you leave well informed and confident in your caregiver's approach?

- Yes
- No
- If no, list why \_\_\_\_\_

4. If you have belonged to a fitness club before, were you satisfied with their level of service?

- Yes
- No
- If no, list why \_\_\_\_\_

5. If you chose to employ a fitness professional/ personal trainer, why would you choose to do so?

- For motivation
- To learn how to work out properly/effectively
- For companionship
- Other \_\_\_\_\_

6. If working with any manner of fitness professional, do you feel well informed about the physical workings of your body, and that you can achieve the same desired effects/results on your own?

- Yes
- No
- If no, list why \_\_\_\_\_

7. For those that choose not to engage in any regular physical activity what is your reasoning?

- Simply not interested
- Lack of motivation
- Not comfortable in any found setting
- Physically unable
- Lack of time
- Lack of resources
- Other \_\_\_\_\_

8. Have you ever attended any healthcare/fitness facilities that incorporate and actively promote the importance of having a healthy mind, healthy inner workings, and a healthy body to encase all?

- Yes
- No
- If no, list why \_\_\_\_\_

9. Do you feel that healthcare/fitness facilities should take more of a first-hand approach to offering free and open-to-the-public wellness seminars based on community interest/concerns?

- Yes
- No

10. If answered yes to above, what health or fitness topics would you be interested in and attend (eg: loved ones with Alzheimer's, juvenile autism, diabetic nutrition, at-home fitness).

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