

Personal Training Services

“Fitness is a lifestyle journey, not a destination”

All MFit personal training staff are experienced trainers with degrees in exercise science.

MFit’s personal training services are for individuals of any age or fitness level. MFit will provide you with an individualized exercise program tailored to meet your goals and your health and fitness needs. Our specialties include:

- Weight loss and maintenance
- Strength training
- Aerobic and anaerobic training
- Sport-specific training
- Back care
- Other tailored programs

What do MFit’s personal training sessions include?

Consultation - Your MFit personal trainer will help you set physical activity goals and establish an appropriate exercise program.

Exercise Program - You will receive an exercise program tailored to your health and fitness needs. Your MFit exercise program will include a combination of health and fitness components and exercise tracking sheets.

MFit Personal Trainers - You will receive individualized attention, guidance and motivation to ensure your success in reaching your physical activity goals.

Personal Training Service Options:

Getting Started Package

For those new to personal training, we recommend the Getting Started Package. This package includes a fitness assessment and two 1-hour personal training sessions. The fitness assessment will identify your areas of need. The personal training sessions will be used to design and teach you how to get the most from your exercise program.

Fitness Assessment

The fitness assessment is a valuable tool when evaluating and designing your exercise program. Your personal trainer will use your results to identify your current fitness level and determine your exercise program focus. A variety of health and fitness categories will be assessed, including:

- Resting and exercise heart rates
- Resting and exercise blood pressures
- Muscular endurance and strength
- Aerobic capacity
- Body fat and girth measurements
- Upper and lower body flexibility

Body Composition

Body composition analysis estimates the percentage of your body weight that is fat weight and lean weight. This information is useful in achieving specific weight goals and in determining certain health risk factors. Testing will be performed using a skinfold caliper method.

What clients are saying about MFit Personal Training

“Eric did a very thorough evaluation/assessment...his knowledge far surpasses the average personal trainer. The service was wonderful.” ~ *Karen C. UMH, Emergency Medicine*

Which MFit package is right for me?

MFit offers different packages to suit your specific needs. You may wish to discuss options with us to help you choose the best package for you.

In addition to the Getting Started package, Fitness Assessment and Body Composition options mentioned on the previous page, you also have the option of choosing packages of 3, 6, 12 or 24 one hour or 1/2 hour sessions.

Personal Training Locations:

- MFit Fitness Center at the Ice Cube
- Central Campus Recreation Building (CCRB)
- North Campus Recreation Building (NCRB)
- Intramural Sports Building (IMSB)

How do I get started?

Use one of these convenient ways to schedule an appointment or to obtain additional information:

- **Personal Training Services at Recreation Sports locations:** mfitpersonaltraining@med.umich.edu
734-647-7714
- **Personal Training Services at the Ice Cube Fitness Center:** 734-998-8700
e-mail: mfitfitnesscenter@med.umich.edu

For more information about MFit and other products and services, visit: www.med.umich.edu/mfit/fitness

Gift certificates available



All information is subject to change.

Are you interested in one or more of the following health and fitness benefits?

- ◆ Higher aerobic capacity
- ◆ Increased strength
- ◆ Weight management
- ◆ Lower resting heart rate
- ◆ Lower blood pressure
- ◆ Lower cholesterol
- ◆ Stronger heart, muscles, and bones
- ◆ Increased flexibility

If so, MFit Personal Training Services are for YOU!

The MFit Difference

MFit is the Health Promotion Division of the University of Michigan Health System. All MFit staff have bachelor's or master's degrees in exercise science, sports medicine or similar fields. Many staff have certification(s) from premier industry authorities such as the American College of Sports Medicine and the National Strength and Conditioning Association. With its medical orientation, MFit is capable of working with diverse populations and in specialty areas that include youth and adult athletic performance as well as tailored programs for those with special health needs.

Our mission is to provide each participant with a safe and successful exercise and lifestyle experience that optimizes his or her quality of life.



 MFit Fitness Center - Ice Cube
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Health Promotion Division



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Services