

# Julie Malette - Health Information for first consultation with personal trainer

May 2010

## My health history

- ~ I had a car accident in 2001 and suffer from chronic pain in my neck.
- ~ I have had three lower back injuries over the last 25 years and my back is weak and sometimes goes into uncontrollable spasms.
- ~ I have recurring kidney stones.
- ~ I have tendonitis in my right shoulder.
- ~ Since the age of 20, my cholesterol levels have been in the high normal range and I am at risk of heart disease due to my family history – I have been checked for this and I am fine at the moment.

## What I am currently doing for my health:

- ~ Trying to make healthy choices with food
- ~ Daily stretching and Massage Therapy every two weeks for my tendonitis
- ~ Finally taking a step and meeting with a personal trainer for a consultation with the goal of having an exercise program that will work for me

Hopes	Fears
<ul style="list-style-type: none"><li>• Get rid of 'back fat'</li><li>• Tone-up</li><li>• Strengthen back and neck muscles</li><li>• Improve posture</li><li>• Reach my goal weight</li><li>• Re-gain range of motion in shoulder</li><li>• Increase my energy</li><li>• Decrease my pain (less intense and fewer days)</li></ul>	<ul style="list-style-type: none"><li>• Exercise might aggravate my neck and shoulder pain</li><li>• Not being able to get/stay motivated, getting discouraged due to pain</li><li>• Not being able to do the exercises</li><li>• That exercising will make me hungry and I will eat more and gain weight instead of losing it</li></ul>

What works /would work	What doesn't work/would not work
<ul style="list-style-type: none"><li>• Music playing while exercising</li><li>• Exercising with someone</li><li>• Short and sweet but more often (busy schedule)</li><li>• Having targets</li></ul>	<ul style="list-style-type: none"><li>• Getting too hot (walking/peddle boating when very hot outside)</li><li>• Having to depend on equipment (I travel a lot and could not take it with me)</li></ul>