



jump start

Get the most out of your membership and reach your health and wellness goals. JumpStart is a program for new members that includes three sessions — one focuses on coaching and the other two on fitness.

your wellness with **CA!**

coaching

The coaching session consists of an in-depth conversation that will help the coach understand your specific goals and tailor a fitness program to your personal needs.

fitness

Fitness sessions will vary depending on what your coach identifies as the best workout program for you.

follow-up

Follow-up session to check on your progress and assess how your program is working.

Your JumpStart coaching session

Our JumpStart coaches understand how to motivate lasting behavior changes and will help you get started with a plan that is specific to who you are and your fitness goals.

Here's what you can expect

You will meet with your JumpStart coach for approximately 45 minutes to help us get to know you, set goals and develop strategies for success. This session will focus on:

- Learning more about you and your fitness goals.
- Uncovering the reasons behind your goals, what has helped or hindered your past success.
- Building a plan for success.
- Reviewing your medical health history.
- Guiding you in choosing appropriate programs to help get you started.
- Scheduling your JumpStart fitness session.

Preparing for the coaching session

During this session, you will be asked to identify some short- and long-term goals. To prepare, start thinking about what these goals might be and why they are important to you. Dress comfortably (exercise attire is not necessary for this session).

We look forward to getting to know you!