

**Development of a New Fitness Model**

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*"If you are going to spend the time exercising, please ensure that you are doing the right things for you, your body and your goals."*

What is this new model of fitness? It all began with our Transitional Fitness Model that originated from my work within a physical therapy environment and was originally created as a step progressing from physical therapy to traditional fitness training. It quickly evolved to a model that encompasses individuals who have not had or needed physical therapy; individuals who are not realizing the results that they are expecting from their fitness efforts; and those interested in starting exercise and reducing the risk of injury.

While this model is ideal for the body's biomechanics it was not designed to address all aspects of fitness and left the potential for too many hindrances. For this, I created the 5Keys Fitness Assessment. To understand the Assessment, I would ask that you take a moment and think about your ideal "fit-self". What type of thoughts, feelings or images does that conjure up? Now with that in mind, think about what behaviors that "fit-you" would have. How much exercise? What type of exercise? How much rest? What is the diet? These questions become the foundation for developing your program. Your program is based on your behaviors in each of the 5Keys of Fitness.

- Resistance
- Cardio
- Nutrition
- Flexibility
- Rest

The 5Keys Assessment is the natural progression from our Transitional Fitness Assessment as it incorporates those biomechanical components that have enabled us to successfully work with so many clients over the past 6 years and those key values that will enable our clients to continue to be successful.

The 5Keys Assessment is a carefully constructed method to look at the five key areas of your fitness. The assessment incorporates both written subjective responses and physical objective tools to identify those areas within the 5Keys that could be addressed. This assessment provides you with a focused plan to start in the direction of your goals. This intensive process requires about 2 hours of your time and includes a written analysis of your current health, your health history and goals for your health and fitness, physical characteristics, and postural and flexibility assessments. At the end of this assessment, you will confer with your 5Keys consultant to review all of the assessment information, put together the "big picture", and develop a plan.

The plan that is designed will be as unique as you are, because it has to fit for you and your lifestyle. That is one of the many things that make the 5Keys Assessment unique. The assessment is a learning tool for you to use to help guide you in the direction and attainment of your goals. Your goals are unique to you, and while they may be similar to other people's goals, the process of attaining them will be unique to you.

