



YOUR FIRST SESSION

WHAT TO EXPECT & HOW TO PREPARE

Welcome to Good To Go Fitness! Here's everything you need to know before we get started — no guesswork, just show up ready and we'll take care of the rest.

1 EAT & HYDRATE BEFOREHAND

Have a light meal or snack 1-2 hours before your session — think oatmeal, a banana with peanut butter, or yogurt with fruit. Avoid heavy, greasy, or large meals right before training. Drink water throughout the day so you arrive hydrated, not just right before we start.

2 WHAT TO WEAR

Wear comfortable athletic clothing you can move freely in, along with closed-toe athletic shoes (no sandals, flip-flops, or work boots). Bring a water bottle and a small towel if you'd like one.

3 ASSESSMENTS FIRST

We'll start by reviewing your goals and health history, then walk through a movement assessment. This helps me understand how you move, spot any imbalances, and build a program that's safe and effective for you specifically.

4 WARM-UP & MOVEMENT PREP

Next, we'll ease into a guided warm-up and movement preparation to get your joints and muscles ready to train — raising your heart rate gradually and priming the movement patterns we'll use that day.

5 RESISTANCE TRAINING — FORM FIRST

The main focus of your first session is learning to perform exercises correctly. We'll move through foundational resistance exercises at a controlled pace so you build the technique that keeps you safe and makes every future session more effective.

DON'T EXPECT TO GET CRUSHED WITH CARDIO — SESSION ONE IS ABOUT BUILDING YOUR FOUNDATION

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