



Lisa Dougherty is recognized as a **Master Trainer**, the highest level of achievement as a **Personal Trainer** by **IDEA**, the world's leading membership organization of health and fitness professionals with more than 130,000 members in over 80 countries.

Lisa Dougherty is the owner of Whole Body Fitness, LLC established in 1999. She is a graduate of the University CA Irvine, Fitness Instruction Program and certified through the American Council on Exercise as both a Personal Fitness Trainer and a Lifestyle Weight Management Consultant. She is also on the Healthy Dining Advisory Board in Los Angeles and Orange County.



Other Special Training and Continuing Education:

Pending 2010

Clinical Exercise Specialist Certification through American Council on Exercise.

"Medical Fitness Professionals help clients make a transition from medical management &/or physical therapy to a regular physical activity program following a surgery, an injury, a medical diagnosis or exacerbation of a pre-existing condition. They provide a safe & effective bridge for a patient to cross from the structured clinical treatment &/or rehabilitation environment to mainstream exercise programs"

Completed

TRX Suspension Training Certification *Nov 2009*

Trigger Point Technologies– Myofascial compression techniques™ - *February 2008*

Fit 4 Mom Pre/Postnatal Fitness Stroller Strides *October 2006*

Exercise and Arthritis Gwen Hyatt M.S. & Karen Nelson M.S. DSW Fitness *2006*

Perinatal Fitness Instructor Training and Certification Healthy Moms *2006*

Exercise & Fibromyalgia 2005 Gwen Hyatt, MS DSW Fitness

Counseling for Health and Fitness 2005 Nutrition Dimension

Teenage Obesity What Can We Do About It - Chris Vega, MPH, RD *2005*

Fit For Labor - Lisa Druxman, MA owner of Stroller Strides *2005*

Full Body Flexibility - Jay Blahnik, Nike Fitness Athlete sponsored by Nautilus *2005*

How Mars & Venus Get Fit - Dr Pamela Peeke Chief Medical Correspondent for Nutrition & Fitness for Discovery Health TV. *2005*

The Ultimate Run – Lenita Anthony, MA Exercise Physiologist, Reebok Master Trainer, Mgr of Sports Science & Human Performances for the USA Triathlon National Training Center *2005*

Working Out Facts: Answers to your health & fitness questions – Cedric Bryant, PhD FACSM, Chief Exercise Physiologist for American Council on Exercise *2005*

Yoga and Strength – Linda Freeman Resist-A-Ball & BOSU Master Trainer *2005*

Training for Strength & Nutrition for Muscle – Len Kravitz, PhD Senior Exercise Physiologist IDEA Health & Fitness Assoc. *2005*

Exercise and Menopause – Sabrena Newton, MS Curriculum development American Council on Exercise *2005*

Biomechanics of Motherhood – Lisa Druxman, MA owner of Stroller Strides *2005*

The Skill to Define and Design Exercise - Cheryl Soleway, PT physical therapist CanFtiPro's 1999 Canadian Presenter of the Year, Master Educator for Ball Dynamic International (FitBall) 2005

Yoga Studies – Yoga Teacher University of California, Irvine 2005 ongoing classes

Experiential Anatomy & Basic Physiology, 2005 University of California Irvine

Yoga for a New Day How to teach Yoga Asana for Health & Fitness 2004 Desert Southwest Fitness

Pre & Postnatal Fitness 2003 American Council on Exercise 2003

Psychology for Health Fitness Professionals 2002 American Council on Exercise

Fitness Motivation 2002 Desert Southwest Fitness

Dietary Supplements Critical Thinking Skills 2002 County of Orange Health Care Agency

Practical Body Composition 2001 Desert Southwest Fitness

Functional Training 2000-2001 MF Athletic Company

Obesity, Diabetes & Overeating in Children & Adults 2001 Institute for Natural Resources

Current Trends in Nutrition 2000 County of Orange Health Care Agency



One-on-One Private Training

60 Minute Private Sessions, hourly rate: **\$95.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	<i>Savings</i>	Prices
6 sessions	\$85	<i>\$60</i>	\$510
10 sessions	\$80	<i>\$150</i>	\$800
16 sessions*	\$75	<i>\$320</i>	\$1200
20 sessions*	\$70	<i>\$500</i>	\$1400

Clients with Medical Conditions or “special needs”

Lisa is committed to helping clients with medical conditions that require special training considerations, such as but not limited to: diabetes, stroke, heart attack, cancer, Fibromyalgia, rheumatoid or osteo arthritis, hip or shoulder replacements, back or knee surgery, Parkinson's, multiple sclerosis, Alzheimer's, and visual or hearing impairments.

- All medical/special needs clients **must** obtain a written medical release from their doctor to be provided to Whole Body Fitness before participation in an exercise program with Whole Body Fitness
- A Polar Heart Rate Monitor **is required for training** to continuously monitor your heart rate with an alarm function to keep you in a specified zone. It will also track calories burned, exercise time, time in zone and much more! It is a great tool to use after your pregnancy. Please ask us how to get one!

60 Minute Private Sessions, hourly rate: **\$100.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
12 sessions	\$85	<i>\$120</i>	\$1020
16 sessions	\$80	<i>\$240</i>	\$1280
20 sessions	\$75	<i>\$400</i>	\$1500

Partner or Couples Training

60 Minute Shared Sessions – 2 people, hourly rate: **\$150.00**

Suggested Partner Training Package Specials

Package rates are based on 2 people training together

Packages	Hourly Rate	Rate per Person	Savings	Prices
6 sessions	\$130	\$65	\$120	\$780.00
10 sessions	\$120	\$60	\$300	\$1200.00
16 sessions*	\$110	\$55	\$640	\$1760.00

With the purchase of any training package

- Learn about your lifestyle such as weight history, eating & exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic & effective “fitness program” that is conceivable and achievable based on your fitness levels & is valuable and functional for you to do.
- Included with the purchase of 16+ sessions is a hydrostatic body fat composition test by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com. Whole Body Fitness will pay for 1 body fat composition test for personal training or Lifestyle Weight Management Program per 12 month period in order to monitor progress

Payments are due at time of service. Discounts apply only to packages paid in advance.

Offsite Training Available: (hourly rate based on one-on-one single sessions): **170.00***

In home training or training at your corporate gym

Packages	Hourly Rate	Prices
10 sessions	\$100	\$1600.00
16 sessions	\$320	\$2400.00
20 sessions*	\$600	\$2800.00

Payments are due at time of service. Discounts apply only to packages paid in advance.

*Rates inclusive of travel time within a 10-mile radius. These package rates are subject to change if distance traveled to you is more than 20 minutes.

Pre and Post Natal Training Packages

60 Minute Private Sessions, hourly rate: **\$100.00**

Suggested One-on-One Package Specials

Packages	Hourly Rate	Savings	Prices
8 sessions	\$90	\$80	\$720.00
12 sessions	\$85	\$180	\$1020.00
16 sessions	\$80	\$320	\$1280.00
20 sessions	\$75	\$500	\$1500.00

All Pre- & Postnatal training packages include:

- Learn about your lifestyle exercise habits, health history and your fitness goals based on questionnaires that you complete.
- Produce a realistic & effective “fitness program” that is conceivable and achievable based on your fitness levels
- **Polar Heart Rate Monitor** *is required for training* to continuously monitor your heart rate with an alarm function to keep you in a specified zone. It will also track calories burned, exercise time, time in zone and much more! It is a great tool to use after your pregnancy. Please ask me how to get one.



Prenatal Packages also include:

- A complimentary copy of **Nine Months Strong**: Shaping up for Labor and Delivery and the Toughest Physical Day of your life. \$20 value

Postnatal Packages also include:

- Included with the purchase of Postnatal sessions is a hydrostatic weighing body fat composition test by **Fitness Wave** with 6 page detailed analysis. www.getdunked.com. Whole Body Fitness will pay for 1 body fat composition tests for personal training or Lifestyle Weight Management program in a 12 month period in order to monitor progress.

Whole Body Fitness

**Providing Excellent Personal Fitness Training and Nutrition Services
in Orange County since 1999**

Whole Body Fitness offers a variety of services that include:

Personal Fitness Training
In-Home or Offsite Training
Lifestyle Weight Management
Pre & Post-Natal Fitness
Teen Fitness



**For complete details on all services and prices please visit our website at
www.wholebodyfitness.biz**