

Back

Testimonials

"I entrust the strength and stability of my patients to David whenever possible. The extent of his knowledge and his desire to help is beyond compare."

Linette Padgett
Padgett Chiropractic

"Since having global fusion back surgery, I thought I would never be able to snow ski again. After working with Dave, I am skiing again and feel there is nothing I can't do"

Virgil McKenzie
Client

"In knowing Dave professionally for over 10 years, I am consistently impressed with the outcomes he is able to generate with his clients and our post rehab patients."

Travis Smith
Sacramento Spine & Physical Therapy

"Meeting Dave was one of the best things that has happened to me in my life. I went from 434lbs. to 192lbs., a loss of 242lbs."

Kenny Meyer
Client

"I stepped on the scale and saw a number I hadn't seen since high school. That moment made me realize that I had the right trainer in my corner"

Nicole Markos
WNBF Pro Figure Competitor

Contact Us

**Call 916-342-2160
To Schedule Your
Complimentary
60 Minute Fitness
Assessment!**

One *on* One
FITNESS

Located in Savvy Fitness
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Folsom, CA 96530

Phone: 916-342-2160

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One *on* One
FITNESS

Dave Greene
NASM • CPT • PES • CES • WMS

Resistance Training

One-On-One Fitness offers resistance training programs for everyone, from youth to senior. Whether your goal is to increase muscle, reduce body fat or to move more easily, the use of resistance training is an important component.

Prior to beginning a resistance training program, a functional assessment is performed. The results of the assessment will determine a starting point for your personalized training program.



Program Components

- **Flexibility** exercises utilizing soft tissue and joint mobilization techniques aimed at restoring movement.
- Creating spinal stability and efficient movement with **core training** is an integral part of the program.
- **Balance** is key to all functional movement. Implementation of exercise that challenges balance is critical for developing proper movement patterns.
- **Strength training** incorporating the use of various machines and free weights to increase physical and functional capabilities.

Weight Management

One-On-One Fitness offers the most effective weight management program that exists today. The program works on the premise that there is no universal "cure-all" diet. The only successful weight management program is the one designed for you....*personally!*

You will learn how we are all different and what **YOU** must do to lose body fat while maintaining lean muscle tissue.



Personalized Components

- Personalized **Nutrition Plan** specifically designed to complement your lifestyle, food preferences and desired goals.
- **Optimal Caloric Intake** your body requires to lose unwanted body fat while maintaining muscle tissue.
- **Nutrition Analysis** to ensure the proper amounts of protein, carbohydrates and fat your body needs to run optimally and feel your best.
- **Weekly Counseling** sessions to monitor your progress, work through difficulties and provide support and motivation.

Cardiorespiratory Fitness

One-On-One Fitness offers cardiorespiratory training for the beginner who will learn how to initiate a safe program that will spark success and for the advanced client that wishes to ensure continued progress.

Whether your goal is overall health and fitness, weight loss or sports performance, your cardiorespiratory fitness specialist will design a personalized program to assist you in reaching your goal.



Program Components

- **Mode** (type) of exercise
Modes of exercise range from a treadmill, stationary bike, circuit training to simply walking outdoors.
- **Frequency**
Frequency of exercise is how many days each week you will be performing the mode of exercise.
- **Intensity**
Intensity of exercise is monitored by heart rate, using stage training and heart rate training zones to ensure continued success.
- **Duration**
Duration of exercise includes a warm-up period, length of time in correct heart rate training zone and cool-down period.