

PHYSICAL HEALTH EVALUATION

Do I need Pre-Training before my 12-week guide ?

If you have not been doing any kind of physical activity for a long period of time, if you've been injured, are overweight or if you're over 50 years old, I recommend purchasing the 4 week "Pre-Training Program" available on the SHOP page of bodybygilles.com. It will give you a rapid assessment of your true physical aptitude and provide you with the knowledge and physical ability to achieve the most successful results from the BBG Program.

Note: The Pre-Training guide is given for free, when you purchase the Male or Female 12-week fitness guide however, you can purchase it separately and decide if the Body by Gilles method is for you. The price of the Pre-Training guide will be deducted from the future purchase of your 12-week guide, if you choose to obtain it.

If you respond positively to any of the questions below, please approach this program accordingly.

You should be doing the pre-training program if:

- You are overweight
- You are underweight
- You haven't done any sort of exercise for many years
- You find it difficult to carry heavy weight
- You can't run 5km/3miles with a sustainable speed

You should seek medical approval prior to starting this program if:

- You are injured
- You are unwell/sick
- You have cardiac problems
- You have any medical conditions
- You are suffering from a food disorder
- You are over 50 years olds