

get going

NDIS

Personal Training  
Information Kit







# PERSONAL TRAINING FOR ALL

Looking for NDIS personal trainers?

At Get Going, we take a long-term approach for all clients, tailoring that approach for their unique needs and goals. With a focus on POSITIVE CHANGE, we give you the best possible chance at maintaining progression for the rest of your life.

This doesn't change when we're training clients with a disability. When you have extra obstacles to overcome and you need a [personal trainer](#) in which you can put your trust, you'll be in great hands with Get Going's NDIS Personal Trainers. We offer NDIS personal training services in Australia including Melbourne and Sydney.

# A TRAINER A TRAINER FOR YOUR NEEDS

# FOR YOU,

Get Going PT has been working with NDIS clients for years now, and the results that we see are truly inspirational:

- Each Get Going Coach has undergone in house training
- We don't believe that 'One size fits all'
- Every single person is different and needs to be treated with a personalised approach
- Physical exercise is not only beneficial for your body, your mind needs it just as much
- We believe that something is better than nothing, so don't be afraid to make a start





# GET GOING PT'S VALUES

At Get Going Personal Training our core values are:



## COMMITMENT

We are 100% committed to helping our clients achieve positive and long-lasting health benefits.



## CUSTOMER SERVICE

Our clients are the focus of everything that we do. We commit to understanding their needs and delivering the best possible outcomes.



## EXCELLENCE

We take pride in everything we do and always strive to improve. We understand that our clients judge our company based on their personal experience, so we aim to make it as pleasant and productive as possible.



## INTEGRITY

We are open and honest in everything we do and always strive to do what is right. When you use our services, we will give you honest and trustworthy advice.



## HEALTH & WELLBEING

We consider health in its broadest form and not just the absence of disease. Health to us encompasses physical health, emotional health, mental health and social health.



## FUN

We enjoy our work and want our clients to enjoy it too. Workouts that are fun are more likely to be sustainable. Laughter reduces stress - happiness increases productivity. We aim to have all of the above components are part of our core service offering.



# THE JOURNEY FOR AN NDIS PARTICIPANT

One of the great attractions of Get Going is the way that we take a really integrated approach to making sure you are set up with the right foundations from the beginning.

1. The first step involves an in depth phone conversation to understand your needs and how we can help you achieve your goals.
2. After this conversation, we have all the information that we need to make sure that we match you with one of our extremely professional Personal Trainers.
3. You will have the opportunity to have a sit down discussion with your Personal Trainer to flesh out any concerns, desires and plans.
4. Begin your journey to a healthier, happier you.

# FREQUENTLY ASKED QUESTIONS

## WILL TRAINING MAKE MY CONDITION WORSE?

Training with Get Going gives you peace of mind that we will take the utmost care with your programming and implementation of exercise. We will be vigilant in ensuring the risk of injury is as low as can be, with the long-term aim of reducing the impact of your condition. As with any exercise undertaken, there is always a small risk, though this is kept to a minimum under the supervision of a certified trainer.

## ARE YOUR TRAINERS CONTINUALLY KEPT UP TO DATE WITH THE LATEST INFORMATION?

We have a heavy focus on personal development and ongoing staff training at Get Going. We realise this is especially important for individuals that have special needs. It is a priority of ours to help our trainers to fully understand a client's specific needs, both prior to training with them and throughout their training.

## ARE THERE ANY CONDITIONS THAT YOU ARE NOT ABLE TO HELP WITH?

It's difficult to properly address this question without talking to each specific client. We will need to find out about the condition and consult with any health professionals necessary to understand whether or not we can service the client.

## DO I NEED ANY EQUIPMENT?

Generally, the answer will be no; Get Going can usually provide all of the equipment needed for each training session. However, if you have any special equipment you require to walk, stand up with etc., then you'll need to use that for each session.

## HOW LONG DO YOUR SESSIONS GO FOR?

Our sessions typically last 45 minutes. However, we do 15 minutes' worth of programming for each client session.

## DO YOU TRACK MY PROGRESS?

Yes. We track all client progress on our Get Going app, as a way of maintaining motivation and seeing how far you've come. You can log into the app at any time to check your progress.





# THE NEXT STEP

If you feel like you are ready to take the next step in your health journey. Submit an enquiry through our website at [getgoingpt.com.au](http://getgoingpt.com.au) or call us on 1800446464. A support coordinator is also encouraged to do this for you.

Be Health Happy!

**get going**

**Please complete and email to:**

[info@getgoingpt.com.au](mailto:info@getgoingpt.com.au)

Call: 1800 446 464