Client Instruction Sheet

Preparing for your first appointment:

- After your visit to Newport Urgent Care, you will be contacted by the WorkStrong Coordinator, Kali Knapp, to schedule your first WorkStrong appointment at the ARC.

- For this initial appointment, you will be engaging in some basic fitness tests which will require comfortable clothing and footwear. We have personal showers and lockers upstairs where you may feel free to change once you arrive.

During your appointment:

- Once you arrive, you will fill out some questionnaires so that we can get to know you better.

- After you are finished with the paperwork, we will conduct a postural assessment and six short fitness tests.

- Before you leave, we will get your hand scanned in our system which will gain you access to the building for the next 6 months.

The WorkStrong program is designed as a 12 week program where you will meet with your trainer, dietician, massage therapist or consultant throughout the week. These appointments will be scheduled on your own time, unless your supervisor allows for time within your work day. We ask to see you three days per week, but no fewer than 2 days per week. Within two days of your initial appointment, you will be contacted with information on your first session with your personal trainer.

Our goal is to introduce you to things that will have a positive impact on your life. If you have questions or concerns, please do not hesitate to contact Kali Knapp at kknapp@uci.edu or 949-824-9483 at any time. Welcome to WorkStrong!