



New Member Welcome Guide



Welcome

Hi 😊

First things first... welcome to the Transform with Nadia community! By joining, you're taking a huge step towards creating a healthier, happier lifestyle. I'm honored that you chose me as your trainer. I'm also excited to embark on this stage of your fitness and wellness journey with you. I will do everything I can to ensure that you gain all of the tools and knowledge you need to succeed.

Before we begin, I'd like you to please read through this short information package. In it is all of the information about your program and what you're about to get as a part of the Transform with Nadia community. I've laid out the details of your online sessions and any communications you can expect to receive from me on a regular basis. Towards the end of this PDF, you'll also find instructions and guidelines on how to seek support from me and your fellow community members.

Included in this package is also information on how the workouts/practices are designed and section with frequently asked questions for your reference.

Thank you again for choosing me to help you on your health and fitness journey. I'm so happy to have you in this community and I'm here for you every step of the way!

Love & Light,

Nadia

In order to give you the direction, accountability and support that you need there are a couple different facets to this program. One of the driving forces behind Transform with Nadia is to make sure that community members create balanced routines of daily movement that accommodate your busy lifestyles. The program has three main elements: Mindful Movement, Nutrition Guidance, and Community Support.

Mindful Movement

To better serve the community at Transform with Nadia, I've taken the liberty of re-envisioning what a typical "workout" looks like. Most of us are constantly managing one or more of the following:

- Tightness that has built up from sitting all day
- Stress and tension from work and other obligations
- Low energy levels from lack of sleep or lack of movement

Many of us also have the desire to maintain healthy exercise habits, but for nearly a decade of teaching group classes and training clients 1:1, I've seen many people experience what's called the "yo yo" effect. They go all out for a short time with high intensity workouts 3-5 days a week, then fall off the plan completely in a few months, giving up because it's too hard. When motivation strikes again, they repeat the cycle, hoping that their willpower will allow them to succeed this time. But *IT'S NOT ABOUT WILLPOWER.* Here's the truth: ***Our bodies aren't meant to do the same, strenuous workouts repeatedly throughout the week. And unless you're a professional athlete, the strain can lead to mental and physical exhaustion, adversely affecting your health.***

At Transform with Nadia, my philosophy is that less is more. A mindful, yet effective workout program has a balance of movement modalities, strategically ordered to satisfy your body's needs each week. I've designed your weekly program to do exactly that.

A Different Workout Each Day of the Week

Your exercise program at Transform with Nadia is designed to provide a mindful progression of movement from Monday through Friday. Each day, there is ONE type of class designated for your workout. In this community, we call our daily workout the "Workout of the Day" or WOD. There are 5 types: Prepare, Strengthen, Transform, Focus, and Restorative.



- Mondays we **Prepare** your body. This mat class will get your body ready for the work week ahead. We use a foam roller or massage therapy balls (equipment required) to release tension and engage your muscles, practice simple movements to loosen your joints, stretch, and finish with an energy building practice.



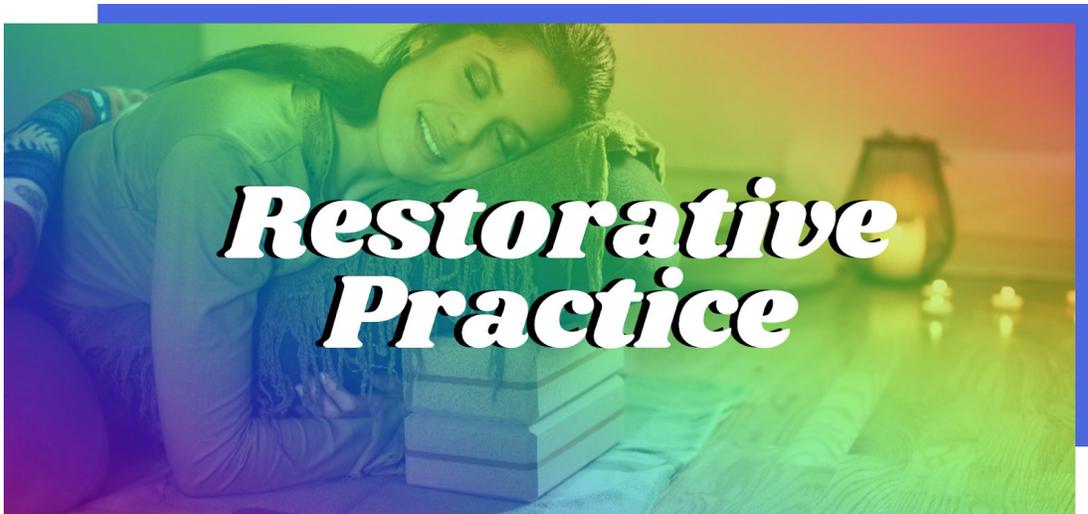
- Tuesdays we **Strengthen**. In this session, I lead you through resistance exercises that will engage and strengthen every muscle in your body. It is a well-balanced, dynamic workout that can be performed at low to high intensities. Modifications and progressions are provided. Depending on the workout, you may need the following equipment: a set of dumbbells, resistance bands, floor sliders.



- Wednesdays we **Transform** tension into energy. In this class, you'll experience a dynamic slow flow that will light the fire in your spirit and renew your energy stores. This class caters to practitioners from beginner to intermediate. Recommended props: yoga blocks.



- Thursdays we **Focus** on Targeted Resistance Training. In this session, we hone in on one or two muscle groups to help you develop greater strength and tone in your muscles in a short amount of time. Each week of the month is focused on a different area. Depending on the workout, you may need the following equipment: a set of dumbbells, resistance bands, floor sliders.



- Fridays we Decompress with Restorative Practice. Relieve tension and release the stress that built up during the week. This class is all about supportive, restorative yoga poses to gently stretch your body and relax your mind. Recommended props include blocks, blankets and pillows.

As your coach, my goal is to help you build up to completing 3 to 5 workouts per week. The specific days you complete depend on your personal schedule and your fitness goals.

Monthly Curriculum

Workout curriculum is designed to be used for an entire month. This means that some of the exercises for each format will be repeated from week to week. Repetition will help you become familiar with the exercises. It will also give your body a chance to get used to the movements, which is ideal to prevent injury and gain strength effectively.

Workout Styles

Although exercises remain the same from week to week, the STYLE of your strength workouts and yoga flows may vary so that the movements are completed in different ways. Here are a few different styles you can expect to see:

1. Interval-Based: in this type of workout, we use a timer to set somewhat short periods of work (from 20-60 seconds) interspersed with short periods of rest. Expect to work along with me and move fairly quickly from one exercise to the next.
2. Repetition or Rep-Based: for this style, expect to work at your own pace. In a rep-based workout, I show you the exercises and tell you how many repetitions of each one to complete. I then set an alarm to go off in 8-20 minutes (give or take) and have you complete the moves at your own pace.

3. Slow: This term is specific to your weekly yoga flow. In a slow-flow we dial back the pace a bit to sink deeper into the yoga poses. We also hold them for a bit longer, which can help you open up your joints, gain mobility, and strengthen your muscles.
4. Power (ish): In a power flow, we move a bit more quickly. Although I provide more opportunities for challenging poses, as with any other class, it is still built for all levels. Since you'll be familiar with the poses from your slow flow, I encourage you to try this live with me or on-demand to see how it feels.

How to Complete Your Workouts

WODs can be completed one of two ways:

1. Watch the On-Demand WOD Video - daily workouts for the week go live on transformwithnadia.com every Sunday night. You will need to login using your Transform with Nadia username and password.
2. Use the Written Workout - Your daily training page includes detailed instructions for your workout. If you're already familiar with the exercises, you can skip the video and complete the workout on your own to save you time.

What's On the Training Page?

Each training page includes the following:

- 1) A list of recommended equipment and/or props for your WOD.
- 2) Your workout video(s). Depending on the type, you'll either have one video where I lead you through the entire practice or multiple videos demonstrating each section of exercises.
- 3) An outline of the workout/yoga poses.
- 4) A journal/notes section. You can use this to log your experience of exercises and how it felt in your body. You can also use this section to communicate any questions or concerns with me (your coach).

Personal Training Clients

If your program includes virtual 1:1 sessions, you will meet with me once a month or once a week (depending on your program) for one or more of the following:

- Personalized check-ins
- Assessments
- A movement practice or workout
- nutrition.

Together, we'll determine the types of movement and tools that work best for your body and from there, create a program tailored to your needs. If you haven't yet scheduled your first 1:1 session, email me at info@transformwithnadia.com, you'll find the booking

link in your member dashboard on transformwithnadia.com.

Virtual Session Guidelines

The virtual meeting room for your group or 1:1 practice will be open 5 minutes before the start of the session. I recommend that you log on and enter the meeting room 5 or more minutes in advance just in case any technical issues arise.

Cancellation & No-Show Policy

All Sessions MUST be cancelled at least 12 hours in advance. If you cancel after that or fail to show up for the session, it will be marked as a Late Cancellation or No Show. In this case, a session will be deducted from your package as if you attended.

Safety

Since I won't be physically there with you while you're working out, it's important that you build upon the skill of "listening to your body". If something *doesn't feel right*, don't push it; your body is usually trying to tell you something.

Good Pain vs. Bad Pain. Mild discomfort is part of the exercise process, and is necessary for the improvement of performance and physique.

The Burn is good pain. It should be short-lived and during the exercise only.

Fatigue after a workout should leave you exhilarated, but not exhausted. Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as "over-training" and is not good.

Soreness is common, especially for muscles that have not been exercised for long periods of time, or when you perform an exercise you are not accustomed to. Soreness typically begins within a few hours, but peaks two days after exercise. This is referred to as *Delayed Onset Muscle Soreness* and is normal when beginning a new fitness program.

Bad Pain – Usually caused by the improper execution of an exercise. Nothing should really "Hurt". Immediately notify me and/or a physician of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.

I recommended that you perform each exercise with NO WEIGHT to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead. Warming up is a crucial part of injury prevention and prepares your body for exercise by lubricating your joints.

Notify me of any extreme soreness that may occur. It's mostly counterproductive to train through soreness.

For Those Working Out at A Gym

Most of the people who work out with me, do so from home or work, but just in case you're taking your workout to the gym, I wanted to let you know that there is an "etiquette" of sorts that is important to follow. Really, these are unwritten rules that will make the gym a safer and more mindful place for you and everyone around you. Here are the five most important rules to consider throughout your workout.

1. Respect the no-lift zone

Don't ever lift a weight within 5 feet of the dumbbell rack. Pick up your weights and take 5 giant steps back. This will make the rack easier for others to access.

2. Avoid the "Ab zone" while lifting.

Most gyms have a designated area for mats, balls, bosu balls etc. Don't bring heavy weights into that area. It's designated for stretching and ab work. By taking up their space you force them to take up your space (see the next point).

3. Keep your mats out of the way.

Avoid setting up a mat in between two benches in the free weight zone to do crunches or any other mat work... unless you want a weight dropped on your head (and let's be honest... nobody wants that)! Even if the gym is empty, set up your mat out of the way. Either stick to the "ab zone" or place your mat in a corner out of the way. Think proactively. Where might somebody want to work out over the course of your set? Don't set up there.

4. Avoid walking in front of somebody else in the middle of a set.

If somebody is in the middle of their set NEVER cross their field of vision. Take the long way around if you have to. If you can't take the long way around, wait for them to finish their set before walking in front.

5. Sanitize your equipment and put them away.

This includes your weights, your mat, and any other equipment you've used. Although you'll probably see some people leave their stuff behind, don't follow their example. Instead, BE the example and help keep the space clean and friendly for everyone.

Nutrition Guidance

At Transform with Nadia, our nutritional areas of focus are determined by the various ways we NOURISH our bodies. This includes what we put IN our bodies, what we put ON them, and how we treat them. Throughout our time together, you'll learn about:

- Nutrition through Healthy Eating (i.e. healthy recipes, meal plans, etc.)
- Topical/Skin Nutrition (i.e. lotions, oils, and other chemical toxins)
- Methods of Recovery (i.e. sleep, sound baths, massage)

Nutrition information is shared through weekly and monthly newsletters, PDF bonuses on your membership page, and monthly nutrition seminars and live chats.

Weekly Newsletter + Monthly Nutrition Guide

Every Sunday, you will receive an email with fitness, nutrition and wellness tips, along with a preview of your WODs for the week. The first week of each month, you'll receive a set of recipes, along with a sample meal plan filled with a selection of healthy options that you can pick and choose from. Using the sample meal plan is completely optional. The goal is to provide you with ideas for meals that you can add to your collection; tasty meals that you and your loved ones will enjoy!

Make sure to add the email address info@transformwithnadia.com to your contacts, so that they don't get flagged as spam. I also don't want you to miss out on important announcements and updates about the community and it's events 😊

Monthly Nutrition Seminars/Live Chats

Each month, I host a members-only LIVE seminar. During the seminar, I deliver a short lecture on one special topic in nutrition. After the lecture, I leave time for participants to introduce themselves and ask questions. You can register for these live chats just like you register for your daily practices, via our [Live Schedule](#).

In-Depth Nutrition Coaching

If you're looking for more in-depth guidance to help you dial in your nutrition habits and lifestyle, I also offer personalized nutrition coaching. If you think a program like this might be right for you, you can email me at info@transformwithnadia.com or [click here to book a 1:1 consultation](#).

Community Support

It's often difficult to create connections with others in the fitness and yoga community, even when you attend studio classes with them time and time again. But just like daily movement and proper nourishment are key to sustaining a healthy body, developing relationships with like-minded individuals is key to your emotional and spiritual wellness.

That's why at Transform with Nadia, I aim to build a supportive community, where we as individuals not only value our own growth and development, but also care about the health and wellness of the people we practice with. With this in mind, I try to offer as many opportunities as possible to connect and develop relationships.

Extra Time Before & After Sessions

There is a window of time, about 10 minutes before an event begins and up to 15 minutes after for chatting with other community members and with me!

Special Events

As we grow, I plan to host special events online, such as dance parties, member mixers, and more. Upcoming events will be listed in the weekly newsletter, so keep an eye out and stay tuned!

Frequently Asked Questions

“Do I need to be a member of a gym to participate in these workouts?”

Not at all. Although you are welcome to complete your PODs at the gym, most community members complete both LIVE and on-demand workouts in their homes.

“How do payments work?”

“Do I need to download any software?”

If you plan to attend live online classes, you will need to set up an account with [Zoom Videoconferencing Software](#) and download their desktop or mobile app.

“Do I need to purchase any equipment?”

Yes. Certain types of practices require equipment (i.e Prepare on Mondays requires a foam roller, Strengthen on Tuesdays often requires dumbbells, etc.). To get the most out of your PODs, I recommend you have the equipment listed on page NUMBER of this guide.

“How do I contact you to ask a question?”

If you have a question or concern, I'd love to help! Just send me an email at info@transformwithnadia.com and I'll get back to you within normal business hours. Please allow up to 24 hours for a thorough response.

“What if I can't perform an exercise included in the workout?”

If you're finding it difficult to complete one or more of the exercises included in your workout, feel free to reach out to me, your trainer. During a live class, you are welcome to unmute your mic to ask for clarification or a modification. If this happens while you're following along with a video on the training site, please don't hesitate to email me using the address listed above.

“I'm trying to book a class or 1:1 session. Why won't it let me?”

Reason 1: The online booking window has closed. For group sessions, this window is 1 HOUR before the start of class. For personal training, you must book 24 hours in advance.

Reason 2: The session is full. Each session has a max capacity of 10 participants. It's designed this way so that I have time to address the needs of individual community members if or when they arise during online sessions. I strongly recommend that you schedule your practices at least a few days in advance to ensure your spot and help keep you accountable for your workouts.

“Is there a cancellation policy?”

Yes. The cancellation policy is listed on page 6 of this guide.

Should I wear sneakers during online classes?

Most practices can be completed barefoot. This includes Prepare, Transform, and Restorative Practices. For safety reasons, I do recommend you wear sneakers during Strengthen and Focus classes. If you accidentally drop your dumbbells or other heavy equipment, it's important to have your feet covered so that they are protected.

Have a question that wasn't addressed in this packet or FAQ? Send me an email at info@transformwithnadia.com.