



Be Well Aware – Health Article



How to Find the Right Fitness or Nutrition Professional

Are you ready to step up your fitness or wellness game, but not sure of the next steps?

Who do you need?

Are you looking for a personal trainer, a health coach, a group fitness instructor, a registered dietician, or something else?

What do you need them for and for how long?

Are you on the lookout for some fresh ideas or a total overhaul of your current routine? Be open to suggestions on what the professionals have to say but have some ideas in mind on what you can afford time and finance wise in advance. Did you want to meet multiple times a week or once a month? Do you have a hard and fast start and end date?

How much can you afford?

Do some research on what the hourly rates are for your area and then check with your health insurance to see if there are any discounts or co-pays available. Be sure not to pick someone solely based on price, but make sure that you can still afford any required fitness memberships and/or to make healthy food choices. You may also need to invest in some new sneakers or other items upfront as well.

Your professional should have these important traits:

Compassionate Thinker

Seeking out help is hard; you deserve someone that understand your viewpoints and treats you with respect and no judgement.

Problem Solver

You need someone who can look at things critically and give effective solutions.

Good Listener

Sometimes you just want to express your feelings of frustration or concern. They should be a safe space.

Flexible

Every solution does not work every time. They need to be able to pivot on plans and be open to new ideas.

Communicator

What is a good plan if you cannot ask questions and get a good answer.? You need someone who can communicate in the ways you need. This can also be in terms of spoken language of choice.

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How do I pick someone?

Ask for referrals

Talk to your doctor or ask your friends or family if they have worked with someone before. Check out online forums (both public and those on your insurance website), but do your research and fact check, especially if something seems too good to be true. You never know who many be on the other end of the keyboard.

Check credentials

Ask what certifications or degrees they have, look for nationally recognized organizations. Ask them about any internships or how long they have been in the industry or if they have any partnerships with hospitals or other establishments. Ask about past successes with situations like yours.

Ask questions

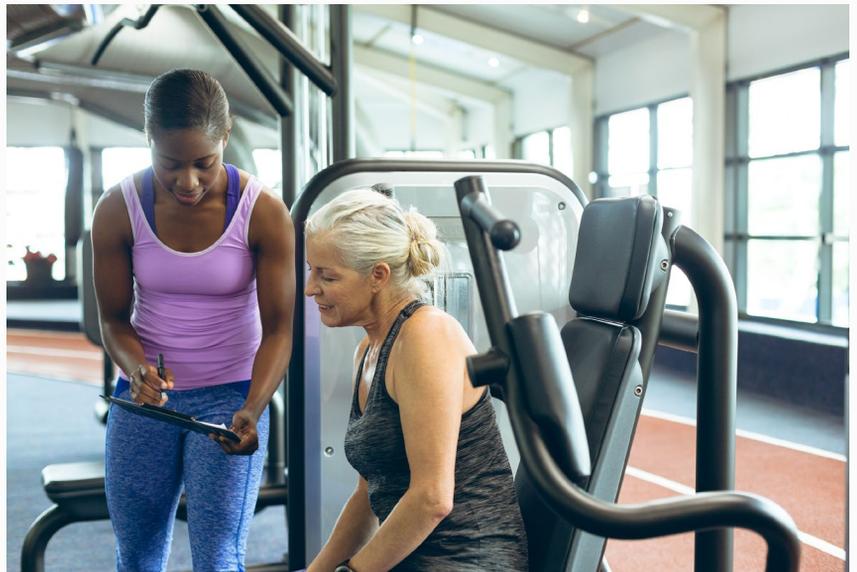
Get information on their specialties and their approaches. What can you expect during your meetings. Are you getting your own session, are there group rates? How often will you meet, and will it be in person or virtual. Are your sessions covered by insurance, and what are their rates?

What can a fitness or nutrition professional do for you? Is it worth it?

Absolutely! having someone guide you on this wellness journey can take the guesswork out of many things. You will have someone to ask questions, help you plan for difficult situations, or assist when you are traveling. Are you currently pregnant, trying to conceive or postpartum? Maybe you have physical or mental hurdles to overcome from a past trauma or just developed a lifetime of bad habits. An educated individual can give you trusted resources and help formulate a goal and a plan to get there.

What if it I am not happy?

Not every match is perfect. A true professional understands it is not personal and truly wants you to succeed. Just be honest with them and maybe they will even be able to help you find someone new based on your goals. You now have a bit more understanding on what your needs and wants are, and that is never a waste of time or effort.



References:

<https://www.eatright.org>

<https://collegeofdietitians.ab.ca/>

<https://www.acefitness.com>