

Be Well Aware – Health Article



Is personal training right for you?

Have you ever considered hiring a personal trainer? Many people think personal training is a luxury, but hiring the right person for the job is essential. Just as an effective lawyer can win a court case, a dedicated fitness professional can be an integral part of success in achieving fitness goals. They are trained to work with clients of all fitness levels and backgrounds. And many offer packages that make the service more affordable.

While each person has unique reasons for hiring a personal trainer, we have highlighted some reasons it may be the best investment in your health and well-being.

Are you new to exercise?

If you are starting a new program or returning to exercise after a long hiatus, a personal trainer will get you up to speed fast. Many new exercisers feel intimidated in the gym and a trainer can show you the ropes. They have a wealth of knowledge and can target the equipment and exercises that will help you reach your goals. Personal trainers are objective and will focus on you and your goals and can help you avoid the latest Instagram and TikTok trends. You may only need a few sessions to build an exercise program.

Do you need accountability or motivation?

Having an appointment with a trainer can be the catalyst that gets you to the gym. We are more inclined to keep an appointment with someone rather than plan to go to the gym “sometime after work”. A regular appointment will also ensure consistency, which is important to see results. A good trainer will create challenging (but fun) workouts that will push you to be your best and will follow up regularly to make sure you are on track. Consider pairing up with one or a few friends for partner or small group personal training. The cost will be less per person and accountability will increase.



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Are you injured or do you have a special need?

While personal trainers cannot diagnose or treat injuries or conditions, they can help you work around existing limitations. They can ensure you are using proper form and avoid further injury or poor movement patterns. Many trainers have special certifications to work with chronic conditions or special needs. For example, women who want to continue exercise during pregnancy can consult a personal trainer certified to work with prenatal clients. Always check with your doctor or physical therapist to get clearance to exercise.

Do you have specific goals?

Perhaps you are a runner who wants to improve your speed, a golfer who wants to improve your swing, or a volleyball player who wants to improve your serve. If you are training for a specific sport or event, a personal trainer can provide structure and create a sports-specific plan. Many personal trainers have specialized education in sports conditioning. They can create a program that will break down your goal into smaller steps. They can also make sure that you are applying proper training principles and allowing your body appropriate rest and cross-training.

Before you commit!

Select a personal trainer carefully. You may have to try a couple before you find “the one”. Some other things to consider:

- **Ask around** – ask others who have similar goals if they can recommend a personal trainer.
- **Free consultation** – make sure a trainer offers a free consultation so you can discuss your goals and be sure they are a good fit.

- **Be open and honest** – the more you share with your trainer, the better they can help you.
- **Check availability** – make sure your schedules are in sync and the trainer can meet with you when you are available.
- **Check the credentials** – make sure the trainer has the proper certifications and specialties for your goals.
- **Ask about policies** - make sure you understand the payment structure, cancellation policy, etc.
- **Establish communication** – determine how and how often your trainer will communicate. Keeping the lines of communication open will help them guide you to success.



References:

<https://www.acefitness.org/resources/everyone/blog/6394/top-10-benefits-of-personal-training/>