



Is Personal Training For You?

The biggest problem with people today is the lack of self-motivation to go to the gym. For some reason, outgrowing your blue jeans is not enough of a "butt buster" to get up off the couch and workout. Unfortunately, many people are forced to get into an exercise routine because the doctor just hit them with your 45, over-weight, and have high cholesterol- the three primary risk factors for heart disease. All of the sudden, they are beating down the door of the hottest personal trainer in town screaming, "Help!"

Personal training has become very popular over the last 5-7 years. It seems to be the "90's" way to workout! Many people used to think it was only for the rich and famous - not anymore. Of course, Demi Moore's trainer grossed over \$200,000.00 in one year preparing her for the movie "Strip Tease." Not too bad if you are looking for a fun way to make a living. Of course, for those of you who have chosen another career, one that is not allowing you enough time to get your workouts in, mainly due to poor time management, but that is beside the point. A personal trainer is the best choice.

Today personal training is much more affordable for the average person with an income of \$25,000.00- 45,000.00 a year. However, it is still not cheap!! Any thing to get you moving into a healthier lifestyle is worth the money!! What better investment to make than one in your health. The average one hour session ranges between \$25.00 - \$50.00. Of course, there are trainers out there that are more expensive, but if you do your homework, you can usually find a very good, qualified person for a price that will fit your budget.

The first question you might ask yourself is- "What exactly is a personal trainer and how do I know they are qualified?" Usually a personal trainer you would want to hire is a degreed or certified individual who has sufficient knowledge of the human body, how it works, nutritional information or background and of course, exercises themselves. You want to make sure the trainer has the ability to meet your needs- whatever they might be. Never hesitate to emphasize an old injury, diseases such as diabetes or asthma, or hereditary factors that could hinder your workout. Once the trainer has met these criteria, then he or she can prepare a workout specifically for you to reach your health and fitness goals.

WHAT ARE THE BENEFITS OF A PERSONAL TRAINER?

1. Motivation- Consistency is the name of the game. To keep you consistent and give you the incentives to keep you going and dedicated to your fitness plan.
2. Form/Guidance- Many people injure themselves trying to workout on their own. This can lead to discouragement and ultimately failure in your plan. A trainer will guide you through your exercises showing you proper technique and teaching you how to incorporate it into your lifestyle.
3. Maximizing time with results- A personal trainer will maximize your hour that might otherwise be wasted wondering what to do next. Many people do not get the results they want, so they quit.

WHAT ALL IS INVOLVED IN A ONE HOUR SESSION?

- * assessment of goals
- * body fat analysis - not every session
- * girth measurements - not every session
- * cardiovascular conditioning
- * muscular conditioning with machine and free weights
- * circuit training if needed
- * stretching for flexibility
- * pain prevention
- * sport- specific training if needed
- * pre/postnatal training
- * post rehabilitation (only for specific type clients)

If you are a person who has a hard time getting motivated to workout, you find it boring, you have reached a plateau or you feel your are spinning wheels "on the bike" but getting no results- You are a prime candidate for a personal trainer. Search your area and find a person that fits your personality, has the qualifications and the flexibility to meet your schedule and get started on "the new you today!"