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## **Why Personal Trainers Are Worth It**

*By: Bev Hillman*

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Is it near impossible for you to get into the gym because you're unable to motivate yourself? Is your exercise regime almost non-existent with half-hearted attempts at aerobic and strength training exercises? Do you use any excuse and need someone to motivate you to get back on the fitness track? That someone could be a personal trainer.

No longer just for the all-star athlete or Hollywood movie star, personal trainers have moved into the mainstream, with clients from housewives to business executives taking advantage of their one-on-one training techniques. You don't have to be famous or even rich to enjoy the benefits of a trainer and according to clients "it's well worth it". Trainers will come to your home or business for sessions as well as do semi-private and small group sessions.

Personal trainers are your exercise conscience. They are there to give you the tools to exercise and be comfortable with it. Hiring a trainer is a way for self-conscious people to take the first step towards an exercise program. You will get more out of what you are doing and get in better physical and mental shape. With the right program even injured clients can continue training so they can remain conditioned and competitive.

Many new health club members are not sure what to do. A personal trainer can design a safe, balanced and gradual program specifically for your fitness level and goals. If you have been a health club member for years and find yourself in a rut, with attendance slowing down due to boredom - a personal trainer can keep you motivated by giving you new and interesting exercises as well as keeping track of your progress by pointing out where you have made improvement and where more work is needed. Personal training can also help people busy with the demands of job and family make the most of their workout time.

The top five reasons people hire personal trainers, according to a U.S. survey of trainers, are to:

- Improve muscle tone and body shape
- Better manage their weight
- Increase motivation and ensure regular activity
- Improve flexibility and strength
- Boost energy and ease stress

Whether the goal is fat loss, muscle toning or an overall fitness boost. Clients are put on an individualized routine that combines light to heavy weights, cardiovascular (aerobic) training and flexibility (sometimes even a few yoga poses, if desired).

In the last few years the personal training business has boomed with some clubs reporting 40 percent increase in the number of people seeking sessions with personal trainers.

Personal trainers enhance and encourage healthy lifestyles with creative programming. It's preventative medicine. You cannot put a price tag on your health. People spend so much more on their car and they won't spend it on their body. It doesn't make sense.

Before you begin any training session, check with your doctor. Then shop around. Anyone can say they are a personal trainer, it's an unregulated profession. Ask for the trainer's qualifications including First Aid and CPR as well as references from former clients. Check to see whether the trainers keep up to date with the latest health studies. If you have certain health concerns (i.e. post-rehab., specific sports/athletic training, cardiac) qualifications, knowledge and experience should be specific to your concerns. Make sure you feel comfortable with your trainer. Before starting any personal fitness regime, most trainers sit down with their clients to set realistic goals and expectations.

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