

What a Certified Personal Trainer can do for You

Working with a trainer is one of the fastest, easiest, most successful ways to improve your health and fitness. In fact, personal training has proved so effective that has spread beyond the realm of the rich and famous. Today, people of all fitness, age and economic levels use personal trainers – to help them make lifestyle changes those people could not achieve by themselves. How do you know if hiring a personal trainer is the right choice for you? Consider the following things a personal trainer can do:

1. **Improve your posture.** The quality of your posture can make a big difference in your life. Good posture can make you look and feel younger, stronger and more confident; and can help improve your breathing, advance your sports performance, decrease your risk of injury and improve your bio-mechanical efficiency. And, over the course of your life, good posture can prevent painful physical strain in your joints. How can you tell that your posture needs improving?

- collapsed arches in your feet
- drooping chest and shoulders
- pelvis and hips tilted to the front, back or side
- one side of the body rotated forward or back
- an elevated hip or shoulder
- head jutting forward
- rounded back

These are indications that your body has gotten locked into poor movement patterns for any of a number of reasons, including muscle imbalance, compensation for injuries, ergonomic problems or poor alignment during fitness and sports activities.

2. **Improve Your Overall Fitness.** Surveys show the primary reason people hire personal trainers is to get professional assistance to improve cardiovascular health, strength, flexibility, endurance, posture, balance and coordination. A trainer will monitor your progress and fine-tune your program as you go, helping you work your way off plateaus.

3. **Reach or Maintain a Healthy Weight.** Body fat reduction, weight reduction or management, body shaping and toning can all be achieved with the aid of a qualified trainer, who can help you set realistic goals and determine safe strategies, all while providing the encouragement you need.

4. **Learn to Stick to It.** Sticking with well-intentioned plans is one of the biggest challenges exercisers face. Qualified personal trainers can provide motivation for developing a lifestyle that places a high priority on health and activity. A trainer can help you brainstorm ways to overcome your biggest obstacles to exercise.

5. **Focus on Your Unique Health Concerns.** Do you have special medical needs, such as arthritis, diabetes or obesity. A personal trainer can help you with these or other issues, including low-back pain, rehabilitation from injury and pre/postnatal training.

6. **Find the Right Way to Work Out.** You will learn the correct way to use equipment, and appropriate form and technique for cardiovascular work and free-weight training.

7. **Stop Wasting Time.** Get maximum results in minimum time with a program designed specifically for you. Workouts that use your strengths and improve on your weaknesses are efficient and effective.

8. **Learn New Skills.** Want to improve your tennis game, learn to ski, become an in-line skater, golf like a pro, better your weekend basketball game or get ready for a wilderness adventure vacation? An individualized program can improve your overall conditioning and develop the specific skills you need.

9. **Enhance Your Mind, Body and Spirit.** A personal trainer can act as a doorway to new personal growth experiences. Your trainer may help you uncover new insights about yourself or find potential you didn't realize you had.

10. **Benefit From the Buddy System.** What could be better than making a commitment to regularly meet with someone who will provide you with individualized attention and support?

11. **Take Charge of Your Program, and Do It Your Unique Way.** With the right trainer, you can find the exercise and nutritional program that works for you. Are you more comfortable with a demanding program or a gentler approach? Would you like to train at home, or at work, at a club or in a trainer's facility? How many times per week or month do you want to meet your trainer, and for how long? Carefully choosing a personal trainer enables you to select the type of guidance that will benefit you. You can get fit and healthy your way and take ultimate responsibility for your own health.



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