

What to Expect When You Hire a Personal Trainer

By Kathleen Cleary

Do you often wonder if hiring a Personal Trainer is the answer to finally reaching your health and fitness goals? You've most likely seen people working out with trainers and might be asking yourself if you should consider trying it.

There are many reasons why you should consider hiring a personal trainer, including:

- You are totally out of shape and haven't the foggiest idea how to begin an exercise program.
- You are in an exercise rut—doing the same thing day in/day out and don't feel like you are making any progress.
- You don't feel motivated and it takes all your energy to drag yourself to the gym or outside for some exercise.
- You are training for a specific sport and want to hone your skills.
- You need to lose weight and gain strength.
- You need to lose weight and your doctor has advised you to start exercising.
- You are under a lot of stress and know exercise will help but don't know where to start.
- You've suffered an injury or had recent surgery and are just finishing rehab. You don't want to lose the progress you've gained.
- You play sports with repetitive actions (tennis, golf) and are feeling pain/soreness in certain joints.
- You have diabetes, arthritis, heart problems or other conditions and you want to know how to exercise safely.
- You are pregnant and want to continue exercising safely.

Hiring a Personal Trainer Can Help You Get Motivated ... Stay Motivated ...and Reach Your Fitness Goals!

Perhaps you are a little confused about what exactly a Personal Trainer could do for you. After an initial consultation to discuss your personal health and fitness goals, your trainer will:

- Assess your current fitness level
- Set up a personal fitness program to help you reach your goals safely



What to Expect When You Hire a Personal Trainer

- Offer guidance on strength training, cardio and basic nutrition
- Work with you and monitor your progress on a regular basis
- Keep you motivated and accountable
- Educate you on why certain exercises are recommended for you

A good Personal Trainer will listen to you and discuss your particular needs, answer your questions and pay attention to your concerns. They will design a fitness plan unique to you and your needs.

You will find they help you focus on movements rather than muscles. By training your body as a functional unit for the way you live—they can help you whether you simply want to walk pain free or to perform like a professional athlete.

Physicians frequently refer their patients to Personal Trainers when they are recovering from surgery or an accident. Your trainer should be happy to work with your physician to create the plan that will help you regain strength and mobility in the most time-efficient and safe way.

5 Questions to Ask Before You Hire a Personal Trainer

1. Where did you get your certification?

One of the most important questions to ask is where the trainer was certified. Unfortunately, there are people taking weekend online classes and then hanging their 'Personal Training' shingle on Monday morning.

There are many reputable organizations that offer certification with stringent criteria to become a Personal Trainer. These include the American College of Sports Medicine (ACSM), the American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM) and the National Strength and Conditioning Association (NSCA).

2. Have you worked with clients with similar goals/problems to mine?

You may have very specific conditions, such as diabetes, pregnancy or a certain sports injury. Ask if the trainer has helped others with the same conditions and what the results were. Ask if you can call that client for a referral.



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3. Can I have a single workout before I commit to a package?

Of course! You will be spending lots of time with your Personal Trainer and it's important that your personalities click. After all, exercise and reaching goals should be fun. You want to know your trainer will really motivate you and keep you smiling (while making you sweat...).

So, if you decide you want to continue with personal training after your first session, you can apply your session fee to a package.

If you are currently a member of a fitness center, watch the trainer you are considering hiring interact with their clients. Are they focused on the client and his needs, or are they having long conversations with nearby members? Does the client appear to be enjoying the workout and interaction with the trainer?

Ask other members if they have worked with a trainer and who they'd recommend.

4. How will we work together?

Everyone's needs are different and some people just need some guidance about what exercises to do and how often they should do them. Others require more frequent interaction to stay motivated.

A good trainer will be sensitive to your needs and work around them. She may suggest working together once per month or twice per week depending on your needs and desires.

Remember, although you are getting guidance from your trainer, it's still up to you to actually **DO THE WORK** (and watch your diet) even when you don't have a scheduled appointment so that you will reach your fitness goals.

5. I'd like to hire you but I really can't afford it. Can I work out with a friend?

Many Personal Trainers are happy to work out with two or three clients at once which can help defray the costs. An added benefit is you now have someone else to whom you'll feel accountable and you'll motivate each other to work towards your goals.



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Things You Can Do to Help Assure Your Time and Money is Well Spent

Once you've hired a Personal Trainer, there are ways you can be helpful to assure your time is well spent:

- Write your questions down and bring them to your next session. Your Trainer can answer them quickly (or promise to get you the answer) and then focus on the planned workout of the day.
- Bring a full water bottle and towel.
- Be on time. If you need to cancel, be sure to give at least 24 hour notice.
- Don't approach your Trainer while he is working with another client. You'll want his full attention when working out with you; offer that same courtesy to others.
- Ask if you can email questions/concerns.

So, what are you waiting for? Find the perfect Personal Trainer and start reaching those health and fitness goals!

The Personal Trainers at the Lenox Fitness Center are certified and ready to help you determine and reach your personal fitness goals.

Give us a call at: 413-637-9893 to set up your initial consultation TODAY!



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