



WARNING!

Personal Trainers Aren't All The Same

20 TIPS

You Need To Know
Before Hiring A Personal Trainer

Report On The Benefits Of Having A Personal Trainer.

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If there was a 100% natural, preservative and flavour enhancer free tablet you could take four times a week, that had been scientifically proven to “reduce depression, heart disease, cholesterol, blood pressure, back pain, diabetes, osteoarthritis, osteoporosis, stroke risk, lung disease, cancer, cramping, central nervous system diseases, tension, gastrointestinal problems and anxiety; while simultaneously improving cardiovascular fitness, strength, weight loss, immune strength, tone, memory, thinking and general wellbeing”, would you take it?

Regular Physical Exercise Is That Tablet.

But if exercise has so many rewards, it stands to reason that everyone would be doing as much as they could. However, for a whole host of reasons, this doesn't seem to be the case. Here's why:

- It takes time many of us don't seem to have anymore.
- It's hard, it takes work and extra energy – which, ironically enough, we gain back from exercise.
- It's quite often inconvenient.
- Our goals often seem unattainable, so we give up before starting.
- People often have the wrong attitude – its not just another thing to fit in, it's a lifestyle choice, time out for yourself.
- “There's always tomorrow”

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Can any of that be overcome?

A personal trainer can help with all of these problems. They will:

- Give you a reason to go to the gym
- Make you make time for yourself
- Help you take on your goals step by step
- Assist you in becoming interested in your own health
- Train your body
- Train your mind
- Help you to make positive life style choices



A personal trainer gives you a reason to turn up each week; you have made a commitment to them that you will keep, if it was only to yourself you may not. A trainer can help you take on your goals step by step, and before you know it you will have achieved things you never thought

were possible. By assisting you in becoming interested in your own health and fitness, a personal trainer not only trains your body, he/she can train your mind to have positive attitudes, allowing you to make lifestyle choices you can be proud of.

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So, What Is A Personal Trainer?

A personal trainer is a professional who is part coach, part motivator, part technician, and part parent. They focus solely on you during the time that they give you, to help you achieve the health and fitness levels you desire.

Where would athletes be without their coaches to train, support and cheer them on to achieving their goals? Imagine having your own coach who is there solely to encourage you, to offer constructive criticism and valuable insights into your technique and help you perform to your peak.

If you want to lose weight, get healthy and build muscle, hiring a personal trainer is a step in the right direction. A good trainer can help you set up a program that meets your goals and teach you the best way to exercise.

This person's job is to assess your fitness level, set up a program for you and keep you motivated. He or she will push you past your comfort level - something difficult to do on your own.



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Why get one?

The physical, psychological, emotional, and social benefits associated with physical activity at all age levels are well documented (Seefeldt, 1986). Nonetheless, statistics from several studies on exercise adherence indicate that approximately

“ “ 50 percent of the individuals who start a self-monitored exercise program will drop out of that program within six months. ” ”
(Dishman, 1991).

The number of people who make a mental commitment to themselves to exercise more and fail to do so is astronomical. An individual who has made a personal and financial commitment to a trainer is far more likely to actually execute an exercise program than someone who hasn't, even if only because of a reluctance to waste money.

Initial interest in an exercise program is often related to a desire to obtain health and fitness benefits. Initial reasons for being involved in exercise programs are often not the same as reasons for remaining with that exercise program. Continued involvement seems to be dependent on a variety of psychological, physical, social, and situational factors. Of the psychological factors that combine to affect the individual's tendency to maintain an exercise program, perhaps the most significant is self-motivation. Individuals who are highly self-motivated are inclined to adhere to self-monitored exercise programs longer than those who are not highly self-motivated.

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Why get one?

Things that are important to maintain a long term commitment to an exercise program:

- Attitude towards physical activity in general
- Interest in a specific activity
- Self confidence in the ability to maintain the program

Long term commitments are hard to make on your own, so why not have someone there to help and support you in feeling that you are not “in for the long, hard slog” on your own. Motivation is intensely tricky to maintain in the busy, results oriented, high stress environment of modern western society. Exercise should be time out for you to look after yourself, but all too often it just becomes another thing you have to jam into your day somewhere. A personal trainer can help not only to improve fitness, but to inspire, motivate, and keep you interested in your own health and wellbeing.

There are a number of social and situational factors that influence exercise commitment, including convenience and social support. Convenience of exercise facilities or opportunities facilitates persistence with the activity.

In other words, having somewhere close and convenient to exercise, as well as someone fun to do it with who also has sound technical knowledge, results in a significant rise in motivation.

“ Receiving support from the individual with whom the exerciser relates most directly also influences the exerciser’s persistence with the activity. ”

(Sullivan, 1991).

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Why get one?

The benefits of physical activity have been studied extensively, and it has been shown that exercise results in vast improvements in all areas of life.

The main categories:

- Physical health
- Emotional wellbeing
- Mental clarity
- Self confidence
- Self esteem

The importance of physical health, emotional wellbeing and mental clarity has only recently been fully understood. In order to live your life to your potential, it is vital to keep these three things in balance, and exercise will allow you to do this with ease.

Training will:

- Reduce the risk of contracting numerous diseases
- Improve almost all bodily functions
- Improve mental function
- Improve memory
- Improve recall (numbers, words, etc.)
- Improve perception and discrimination of geometric figures
- Improves organisation

Exercise improves self confidence, self esteem and general emotional wellbeing. Either brief periods of intense training or prolonged aerobic workouts can raise levels of important chemicals in the brain, such as:

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Why get one?

- Endorphins
- Adrenaline
- Serotonin
- Dopamine

All of these chemicals produce feelings of pleasure, causing the so-called “runner’s high”.

One study found that teenagers who were active in sports have a much better sense of well being than their sedentary peers; the more vigorously they exercised, the better was their emotional health.



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Get a personal trainer...but...

So, you've decided to get a personal trainer, congratulations. However, there are a few things you need to be careful with. Now that you have decided to take the first step towards better health and vitality, it is important to consider what kind of a trainer you want, and how on earth will you know which one to pick? There are a few things you should look for when choosing your personal trainer.

- Why are they a personal trainer?
- Walk their talk
- Attitude
- Own goals
- Guarantee
- Assessment of you
- Personalised programs
- Professional
- Access to other professionals
- Communication skills
- Qualifications
- Fees
- Insurance
- Policies



So, if you want to know more about how to pick a personal trainer, here are the details.

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Are they willing to be interviewed by you?

Any professional should be willing to have an obligation free discussion with you so that you can decide if they are the correct individual for you to be working with, whether they are a dentist, doctor, lawyer or lawnmower. They should be able and willing to give you a clear understanding of times, obligations costs etc.



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Why are they a personal trainer?

It is important that your chosen personal trainer is in the business for the right reasons. A good trainer should be in the health industry because they are interested in the area, they like to help people and they are good at it. Ask them why they became a personal trainer, if you like the answer, then move on, if you don't, then you probably shouldn't be engaging in their services.



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Do they walk their talk?

It is very important that the personal trainer you choose is fit and healthy themselves. If they are out of shape and unhealthy, there is no way you are going to get good results. If they can't take care of their own health and fitness, how could they possibly look after yours well? They couldn't. Put simply, if you wanted to be a world class swimmer, would you take advice from someone who couldn't swim or from Ian Thorpe? Of course, Ian Thorpe is the answer. Make sure the personal trainer you choose walks their talk.



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Do they have a good attitude?

Not only should a personal trainer have a positive attitude towards exercise, they should have a positive outlook on life. How can they motivate you if they aren't motivated themselves? They can try, but chances are they will be very ineffective. Your trainer should also have the right attitude towards you. It must be clear to you that they genuinely care about helping you to achieve your goals, and when with you, they should be focused on you at all times. Essentially, your trainer must be positive, upbeat and genuine.



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Do they set their own goals?

If your trainer is going to help you set and achieve goals, they need to be experienced in doing so. The best way to ensure this is to make sure they set their own goals, and achieve them. So ask them. It is your job to ask, you are interviewing them for a job, and they should be used to it if they are any good. If they don't set and achieve goals, chances are they won't be much help in assisting you to achieve yours.



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Do they give a guarantee?

If a personal trainer is truly competent and confident in their own ability - which they should be - then they should be able to offer you some kind of guarantee. It's not entirely important what kind of guarantee they offer, as long as it is reasonable, it just gives an indication of the kind of service they offer, and their own confidence.



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Do they act professionally?

A personal trainer should always be professional. Their premises should be tidy and welcoming, for example, relevant magazines, water coolers etc, and their appearance should also be appropriate and neat. You wouldn't expect them to be wearing a suit, but by the same token, they shouldn't be wearing old worn clothes that look tacky and unclean. Also, they should be friendly and approachable at the same time as being competent and professional.



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Do they assess you?

During your first appointment with a personal trainer, it is their job to gather information about you. Once you decide to take on their services, they should be taking measurements, testing, weighing etc. Even though the assessment may sound daunting and perhaps the results are things you don't want to know, it is important that this process is completed. This information will all be recorded so that in a few months you and your trainer can look back and see the progress you have made. On the up side, after spending some time with a good personal trainer, you will be able to look back at the testing and old photos and shake your head, laugh and be glad you eventually decided to take care of yourself.



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Do they design you your own personalised program?

If a trainer hands you a generic, pre-written program, get up and walk out the door. They should assess your needs, talk to you, understand your goals, and then design you an appropriate program. There is no possible way that they can help you achieve your goals effectively if they don't give you a program specifically designed to do so.



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Contacts, access to other professionals in the field.

Your trainer should have access to plenty of other professionals in the health and fitness arena. If they were to go away for a month, they should have someone qualified to fill in for them. In addition, if they are not educated well in areas like nutrition, first, they should tell you this, and second, they should be able to put you in contact with someone who can help you if you if you so desire.



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Communication skills.

A personal trainer should be an excellent communicator. It is very important that they are clear, easy to understand and upfront. During your first meeting, they should make it very clear what they expect from you if you take on their services, and they should also be asking you what you expect. Not only this, they need to be able to describe and demonstrate activities and exercises with fluent ease. If you and your prospective personal trainer don't communicate very well, it is likely that you won't have an easy working relationship. They also need to be clear about what you need to do between sessions with them, and they should be able to answer any question you ask in a simple, concise and easy to understand manner. As well as being easy to talk to, they should be a good listener. He/she should listen carefully to everything you say, and respond in a way that makes it clear to you they understand what you said.



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Are they properly qualified?

There are a huge number of personal trainers out there, and many different options for them in terms of becoming qualified. Ask them where/how they were qualified, and if they update their education frequently. Their certificate/diploma should be with a reputable organisation, and all you will have to do is have a look on the net or ask around if you don't know. They should also be trained in CPR, and first aid, just as a safety measure. A personal trainer who is not properly qualified could do you serious damage with the things they don't know, so make sure you find out. There is no need to be overly suspicious, but find out.



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Fees/policies/ insurance/ references

Your personal trainer should be able to tell you about their fees, i.e.) what it is going to cost you to engage in their services, their policies about doing business, using gyms, and any others you ask for. You should also remember to ask if they have liability insurance. It is your decision about whether you want them to or not, but it is something important to consider. Last, but certainly not least, your personal trainer should be able to supply you with references from other satisfied customers.



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Personality.

It is important that you get along well with your personal trainer. If you don't, it is very unlikely that you are going to enjoy your sessions with them. You need to feel comfortable and at ease in their care, and feel that even if you are out of your comfort zone you can trust them to look after you. The personality of your personal trainer is completely up to you, however, you should feel comfortable, looked after, and able to ask questions at all times.



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Other things to look out for.

Your personal trainer should be dependable, reliable, and always on time. They should also always be prepared for their sessions with you, and be ready to go the minute you arrive. It should be obvious to you that your trainer is striving to make each session interesting, different and fun. Your trainer should always be motivated, and shouldn't have much difficulty motivating you.

Finally, the trainer should aim to work to three commandments. Dr. Mel Siff stated in his book *Facts and Fallacies of Fitness* that:

“Your entire approach may be summarized in the form of three commandments:

- Enhance the Quality Of Life of your client,
- Act as if you are a Concerned Parent training a valued child,
- Apply Knowledge, Wisdom and Understanding.”



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So When Is It Time That You Seek Professional Help?



If you are having difficulty motivating yourself to maintain good health practices, it is time that you “call in the big guns”. Many of the things that a personal trainer can give you, you cannot give yourself. If you

- haven't been to the gym in a while
 - you're working hard at being healthy and not getting the results you want
 - you just don't know where to start or what to do
 - you feel like you don't have enough energy
 - you feel like you aren't living to your potential
 - if you lack vitality
- if you “run out of steam” by the end of the day
 - don't have enough time for yourself
 - feel burnt out
 - feel like life is a treadmill you cant get off
 - want to feel more alive and healthy

If any of the things on the above list apply to you, or you just think you want help...

Then you need a personal trainer!!

Give the fitness professionals at Core Health Coaching a call and organise your obligation free chat.

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CORE
Health Coaching