

## Looking to hire a Personal Trainer?

## Congratulations!

This Guide has one goal:  
To help you make an informed decision.

If you are looking to get in better shape hiring a Professional Personal Trainer can have several benefits.

# The Benefits

## Top 5 Benefits of hiring a Professional Personal Trainer

- 1 Professional Guidance:**  
A Professional Personal Trainer can help you avoid common exercise pitfalls associated with inexperience, lack of knowledge or lack of understanding.
- 2 Technical Expertise:**  
A Professional Personal Trainer understands what type of exercise, frequency of and intensity of exercise that s best for **YOU**.
- 3 Motivation:**  
A Professional Personal Trainer knows how to assist you by providing the motivation that you need to help you achieving your health and fitness goals.
- 4 Accountability:**  
A Professional Personal Trainer will help you to set goals, hold you accountable, assess, reassess and continually progress your routine to achieve your goals
- 5 Variety & Creativity:**  
A Professional Personal trainer can help adding some variety keep your routine fresh and challenging and help to break through plateaus.

What to look for

# What to Look For

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## What to look for in a Professional Personal Trainer

### Professional Certification

When Hiring a Personal trainer look for an individual with a professional certification from a Nationally Recognized and accredited certifying agency. The most reputable are: ACSM, NSCA, NASM, ACE, ISSA. Check how long the trainer has been certified for. Personal training is a relatively new profession and there are new personal trainer certification programs popping up every year. Know that not all certifications are created equal. The above listed certifications are from some of the oldest, most established and most reputable organizations. The list is not in any particular order and is not complete as there are many other organizations whose history and standards may fall short of the above listed group.

### Degrees

Look for fitness professionals with related Degrees from health and wellness fields.

A few examples: Exercise Physiology, Nursing, Physical Therapy, Physical Education, Athletic Training, Nutritionist/ Dietitian, Kinesiology. These fields require state board examination and licensing and these individuals are held to a high standard of care. In addition, like the reputable training certifications, degreed individuals who hold these licenses, are required to take annual continuing education courses to maintain their licenses.

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## What to look for in a Professional Personal Trainer<sup>continued</sup>

### Specialty Certifications

Many experienced fitness professionals go on to achieve specialty certifications from organizations that give them special credentials and knowledge to work with special populations. An example would be NSCA,TSAC-F *Tactical Strength and Conditioning-Facilitator* is someone who has gone through training to better understand the necessary requirements to physically train military, fire & rescue, law enforcement, protective services, and other emergency personnel. Another example would be an ACE Special Populations/ Post Rehabilitation certification, which educates the trainer to better understand orthopedic musculoskeletal disorders and how to appropriately work with individuals coming from a rehabilitation program.

Ask you trainer if they have any advanced certifications or sub- specialty training.

### Experience

Ask your potential trainer how long have they been training for? Is this there primary career? Do they have experience working with individuals with your unique needs and goals? Do they understand what you are looking for in a trainer? Do you know what you are looking for in a trainer? Is this potential trainer able to help you to identify or recognize your goals? Is he or she able to devise a plan to help you achieve your goals?

## What to look for in a Professional Personal Trainer<sup>continued</sup>

### Compatibility

What's your sign? Do you come here often? Believe it or not, trainer-client compatibility is a huge factor when determining the future fitness success of clients. Just like in most relationships, good compatibility can create a successful environment or conversely lead to a failure. Many seasoned fitness professionals will be able to recall an experience when they have been a little reluctant to work with someone because of a personality difference and odds are they will tell you that the fitness success of the client was limited due to compatibility. This phenomena goes both ways, if you loath seeing that trainer you just hired, odds are you that your not going to be whistling Pharrell's "Happy" on your way to the gym. Ask for a free consultation, and use this as a time to interview your trainer. Some trainers will give a complementary session.

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