

10 Good Reasons

Why you Should Get a Personal Trainer

There was a time when having a personal trainer was the exclusive domain of professional athletes or celebrities. Those times have gone and consulting the expertise of a personal trainer has become more common particularly for health conscious people determined to optimise their results from time and effort invested. A Personal Trainer -Your Own Health and Fitness Resource

Whether your goal is to deal with a medical condition, lose weight, improve posture, prepare for a sports event or simply improve overall health and fitness, a personal trainer has the skills and knowledge to design an specific exercise programme to suit you.

Studies have clearly shown that people who take advantage of a personal trainer are 80% more likely to get the results they want. But if that's not enough, we've got 10 more good reasons why recruiting a personal trainer is a great investment.

10 Good Reasons to use a Personal Trainer

- 1.** You are unique. We all have different goals, motives, body types, lifestyles and time constraints, so a "wacky" exercise programme just won't work for everyone. A good personal trainer will create a personalised programme tailored to your specific needs and requirements.
- 2.** Your time is valuable. It's important to make the most of the time you have. With the knowledge and expertise of a Personal Trainer you'll avoid common pitfalls, getting max results in min time.
- 3.** You are accountable. Having an appointment represents a commitment and a responsibility. By employing a personal trainer you are less likely to skip a session simply because you are tired, unmotivated or busy.
- 4.** Blast past plateaus. It's not uncommon for you to experience plateaus as your body adapts to your programme. It's during these times that a personal trainer will revise your exercise programme and refocus you mentally to push you past your plateau.
- 5.** Training should be fun. One of the things that hits even the most health-conscious person is boredom! Your personal trainer has a repertoire of exercises and programmes geared towards keeping you active and interested in your training.
- 6.** Prevent injury. Ironically there is a chance that you could be doing more harm than good if you are like the majority of people exercising who just do what they see others

doing or what they think is right. A personal trainer will constantly monitor your technique and ensure your programme is ideal for you, reducing the risk of injury.

7. Get professional guidance and expertise. Any good personal trainer will keep themselves in touch with the latest advances in exercise science theory and practical research through on-going training. This means your personal trainer will keep you ahead of the game.
8. Regular assessments. Any personal trainer serious about helping you achieve your goals will do regular in-depth assessments to ensure you are on track with your training. From fitness assessments like a Body Audit, your trainer can progress your programme to suit your rate of development.
9. Unparalleled motivation. It's easier to exercise with someone around and a personal trainer is just the right person. A good personal trainer will know when to act as a tough general, a source of encouragement and inspiration or simply as someone to talk to about your training concerns.
10. Build your base. Any structure is only as strong as its base - your body is no different. A personal trainer will put together a well-balanced fitness programme and give you the requisite knowledge and tools you need to maintain a healthy lifestyle.

Everyone Can Benefit from a Personal Trainer

Whether you're young or old, a beginner or have worked out for years, the most effective way to achieve your health and fitness goals is to have a personal trainer guide, monitor and motivate you along the way. The individual attention a personal trainer can offer you will ensure you get maximum results from your exercise programme and often these benefits will extend beyond achieving the goals you initially set yourself.