# IS A PERSONAL TRAINER RIGHT FOR YOU?

Almost everyone could benefit from the services of a personal trainer. In addition to designing a personalized workout program, a good trainer provides motivation and encouragement. He or she helps you understand how to fit exercise into your life and teaches you how to make the most out of your exercise time. The lessons you learn from a trainer help insure a safe, effective workout, even when you are exercising on your own.

Working with a trainer should be a satisfying and rewarding experience. There are many different reasons for hiring a personal trainer. Some people want the motivation of a workout partner, others require specialized services for rehabilitation, and still others are interested in achieving weight loss goals. Before hiring a trainer, make sure he or she has experience helping people with goals similar to your own. Ask for references, and then contact at least three. You should also interview the trainer to find out if you are compatible. You should feel comfortable talking and working together, and you should trust the trainer to respect your time and efforts.

Verify that the trainer is certified by a nationally recognized organization such as the American Council on Exercise, the American College of Sports Medicine, or the National Strength and Conditioning Association. Many trainers have degrees in subjects such as sports medicine, physical education, exercise physiology, or anatomy and physiology.

For more information about personal trainers, contact Candace at extension 765.