

Top Ten Reasons to Work with a Personal Trainer

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Working with a certified personal trainer can provide multiple advantages over just working out on your own. This article will discuss the top ten reasons to work with a certified personal trainer, whether you have been working out for a while or are just starting a fitness program.

1. Motivation – you will work harder with a personal trainer than you will on your own. When you have someone standing behind you and encouraging you, you will be pleasantly surprised about what you can accomplish.
2. Accountability – when you work with a trainer and you have an appointment set up, it provides for a structured fitness schedule.
3. A personalized program - a good personal trainer knows how to work around previous injuries and current weaknesses. He/she will also know how to design an appropriate and safe workout for those with chronic disease or conditions like high blood pressure and high cholesterol.
4. A support system for weight loss efforts – a good trainer can provide a structured program for weight loss including the proper combination of good nutrition, cardiovascular and strength training.
5. Efficiency – everyone is so busy these days with jobs, commutes, kids, volunteer work, etc. A trainer will design a program that can be done in a focused period of time.
6. Constant Change – it's important that you challenge your body in new and different ways. A trainer will work to keep your routine creative and changing every 4-8 weeks so that you will stay interested and engaged.
7. Customized workout for home/travel –a trainer can put together a plan for you to do if you will be working out at home or if you are a frequent traveler, no matter what equipment you have available.
8. Correct Form and Technique – a trainer will ensure that you are doing your exercises correctly and with the proper amount of weight. This helps you avoid injury and make progress without being too sore.
9. Specificity –A trainer will look at movements you make in life, at work and for outdoor activities/sports and design a program accordingly. There is no “cookie cutter” workout when you are working with a trainer.
10. Fun! Yes, you CAN actually have fun working out. A trainer can keep the workout creative and fun; and the rapport you develop with a trainer can make your workout time fly by. Before you know it, you have completed another workout and will be that much closer to your goal.

For more information about how working with a trainer can help you accomplish your fitness goals, please call On The Move Fitness at 303-816-1426 or visit www.onthemovefitness.com.