

## How to Choose a Personal Trainer Who WILL Help You Lose Weight

Firstly, you need to ask these 5 important questions:

1. What are your qualifications? Make sure you ask the trainer about their qualifications and experience to make sure they know what they are doing and you're in safe hands.
2. Do you keep with current research? Personal trainers should continually be updating their knowledge by attending seminars, workshops, books, etc., in order to provide you with safe and useful information.
3. Are you available on the time and days I've selected? A Personal Trainer needs to work around you, so you need to make sure they are available to fit into your schedule and give you the expertise and motivation you need to workout efficiently.
4. What is your pricing? Personal training can cost from as little as \$25 up to \$100+ per hour, so make sure you choose one that's within your budget. Be sure to ask if their rate includes the use of the local gym. It's a good idea to find out about the policy on additional fees, contracts, cancellations, and billing procedures.
5. Can you supply client references? A good personal trainer should have plenty of satisfied customers and won't hesitate to let you contact them. You should ask them about the trainer's strengths and weaknesses, if they were professional, informative, dependable and how well the trainer helped them reach their goal.

**Extra Tips:**

Determine your fitness goal, whether it is to lose some weight, run a marathon or being able to have enough energy to play with your kids. This helps narrow down personal trainers based on their experience and field of expertise. Consider where you want to work out. Location can often determine your selection of trainers. Personal Trainers perform their workouts with you in their studio, local gym or they can even come to you. Some trainers are willing to train small groups; using this method will reduce your cost. If you have a friend who has the same goal as you, think about working out together at a reduced price. After your first workout with your Personal Trainer, ask your self these questions?

1. Will I be able to get along with this trainer and look forward to working with him/her?
2. Does the trainer have good listening skills and communicate well?
3. How motivated does the trainer make you feel?
4. How does your body feel after the session?

## About the Author

Competency Based Trainers is a dynamic company that provides nationally recognised education and training services.

Source: <http://www.productsherbal.com>