

## Finding a Good Personal Trainer

Most people should hire a Personal Trainer at some point during their fitness quest. A good trainer will help motivate and will educate the individual on the proper form and the proper use of various exercises. The trainer will help you make good decisions and help you make progress that you could not make on your own. The trick is to hire a Personal Trainer that "fits" you and that knows how to motivate and how to teach. The easiest way to find qualified trainers is to ask around the gyms and places and get recommendations from your friends and other exercisers. Most trainers will give you one free consult and some will even give a free workout so that you can see how they work with you, whether they are punctual, whether they handle themselves professionally etc. Most trainers today are certified through one of many certification agencies. You will see trainers certified by ACE, ASCM, ASM, ISSA, NAHF and a long list of others. All certifications and all agencies are not created equal. Some agencies will certify anyone that pays the fee, most require at least a written test, and some even require a practical test. There are however some excellent trainers out there that have never been certified so don't let the fact that a trainer is not certified eliminate them completely. Look at their references talk to past and current clients if possible. Ask them if they mind. If they are good at what they do they will very likely give you the names of some satisfied clients that you can speak with. Many trainers work off almost total referrals and make a decent living from that. I have several people that I have trained or helped at times and they have volunteered to be my references, I usually don't even have to ask. You should look for a trainer with quality training. Usually trainers with quality advanced education like college; technical school, military etc are the better trainers. You will also find that most of these people will attend advance training seminars and never stop their learning so they get better all the time. Personally I attended Ohio State University taking Course in Biology and Western New Mexico University taking course in Business. I also took courses through the National Academy for Health and Fitness, where I am certified as a Personal Trainer, Aerobics Instructor, and Medical Exer-Therapist. Not only that but I have attended numerous seminars and continuing education courses in Advance weight training, medicine and fitness and much more. Completed all the coursework for my ND (Doctorate of Naturopathy) from Clayton College of Natural Healing and spent 14 years in the Army National Guard as a Field Medic. I have trained soldiers and housewives. You should try to find a trainer who is certified in both CPR and First Aid. Personally I was a Corpsman in the Navy and a field medic with the Army National Guard. I trained for the EFMB (Expert Field Medical Badge) but the state ran out of funds before we could take out test that year due to a major flood. I am certified in both CPR and First Aid. You should see if the trainer gives his clients the proper attention, you might ask if you could watch him or her train another client. Some people want the trainer that barks orders like the proverbial Marine Drill Sergeant. Others like the more subtle "I know YOU can do this" type of motivation. If you are able to watch the trainer train someone else do not interrupt just watch, be invisible. Ask questions after the session when you and the trainer are alone. You should probably ask the trainer for some examples of the software he or she uses to track progress for the client. As the trainer to explain any of the terminology that you don't understand, ask them about the type of exercises and how progress is checked, what type of testing they do and if they require or work with physicians. The last thing you should check out is the "personality" of the trainer. You may want to meet with them once or twice before signing on as a client; you may even want to pay for 1 or 2 sessions on the basis that if you like the service after the first couple of sessions then you will purchase a package of 10 or more sessions. Most trainers sell their services in packages. I sell my service in short courses. You want to make sure that you and your chosen trainer are compatible. You also want to verify that you can work together without either of you getting upset or bored. The trainer should be able to keep you motivated and make the training enjoyable. He should help you learn proper form so that you don't injure yourself and be available to assist you with any difficult exercises. Most trainers thoroughly enjoy their work. I know that I would train people for free if I could afford to. In fact I have trained people for free many times.

## About the Author

Support governmental efforts in Asia to protect citizen rights and implement existing criminal laws by providing training, legal and administrative.

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