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Why work with a personal trainer?

Personal trainers aren't just for the rich and famous anymore. Plenty of people, from stay-at-home moms to busy professionals, sign on with a trainer to get more out of their workouts. Stephanie Bellin, an Appleton mom of three, is among them.

"Once I started with (my trainer), I came to find for me there were three huge reasons a personal trainer was important," Bellin said.

They are:

Accountability

Bellin said her former trainer, Jeanne St. Pierre, weighed her weekly. Plus, Bellin added, "I was paying for it."

St. Pierre's 24-hour cancellation policy protected her as a trainer from financial loss but also prevented clients from becoming no-shows just because they didn't feel like working out that day. The basic premise, according to St. Pierre: "If I'm going to show up here for you, then you are going to show up for me."

Technique

"If you don't have someone there watching your form, you risk missing the benefit or you risk injury," Bellin said. "You can't always see what someone else who is watching you sees."

Challenge

Putting it simply, Bellin said of St. Pierre, "She pushed me."

Teaching areas: Tenzen yoga positions: yoga senior coach

Personal Profile: What is Tenzen Tenzen yoga What is yoga? Tenzen yoga and other market What is the difference between the yoga? A: Tenzen Mr. Qu yoga is the original concept of a new international brand concept of fitness system. Its main effect is to constantly nurture our human life gas, under the guidance of coaches in a period of time through the exercises, life has gas training. There is a flow in the body feel, even in the three-dimensional space of a sense of movement to the realm of outer space, as Tenzen.n

Teaching areas: pre-primary functions: Kindergarten Teachers

Personal Information: I am a child care teachers, 24-year-old, working for more than two years, tertiary education, in school, likes to dance and aerobics, was a school dance team who the best students. No time to practice after work, I wanted to find a suitable place can work side-practice, I am able to find work after training posts, I have a small wish is that when a fitness coaches, the only shortage is my part-time functions. However, I believe that I will be very good, leading teachers Thank you for giving me a chance!

Education: college graduates institutions: Qiqihar Teachers College Profession: pre-vocational certification: Qiqihar University

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Teaching areas: swimming training / tennis training / table tennis training / badminton training / roller sports training / basketball training positions: director of training

Personal Profile: character, cheerful and lively, positive and optimistic, honest self-confidence, hobbies wide, are good at learning, skilled application of commonly used office software, the professional master solid basic theoretical knowledge and technical skills, management and some teaching experience, have a good team spirit and people interpersonal communication ability and enthusiasm for education, sports, fitness and related undertakings.

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## About the Author

From [www.postcrescent.com](http://www.postcrescent.com):

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Personal Trainer, Personal Training, School, Fitness, Certification, Nutrition, Personal training school, Personal training.

Professional Fitness Instructor Training, personal trainer, personal training, personal trainer certification, certification, training, nutrition, rehabilitative.

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