

Why Choose a Personal Trainer...

You may already be exercising regularly – playing squash or tennis, participating in fitness or indoor cycling classes, using Northfield's cardio and resistance equipment – so why would you invest in the services of a Personal Trainer? Everybody has their own reasons for exercising - health reasons, weight loss, improve fitness, reduce back pain, improve energy levels – whatever your objectives are, you will need to devote some time, energy, and money towards achieving them. Furthermore, the exercises you do need to be safe, effective, and appropriate for your physical condition and ultimate goals. Through personal training you are much more likely to achieve the results you desire, because you will be doing the right blend of exercises, with the right technique, and at the right intensity. A personal trainer is a professional exercise specialist who can help you achieve your fitness goals. Below are just some of the reasons why:

1. Choose a Personal Trainer when you're not seeing results

If you've been exercising consistently and aren't seeing the changes you'd like, hiring a trainer may be a good choice. A trainer can look at your current program and eating habits and help you see where you could make changes to create more effective workouts. A trainer can also help you determine if the goals you've set are SMART for you.

2. Choose a Personal Trainer when you don't know where to start

The great thing about a trainer is that they can help you maximize your time while helping you stay within your own limits so you don't overdo it. They can also help you set goals and map out a specific schedule so you know when, how and where you'll fit in your workouts.

3. Choose a Personal Trainer when you're bored with the same old workouts

If you're an experienced exerciser a trainer can be a great choice if you need some variety in your workouts. A trainer can bring a fresh perspective and new ideas to challenge both your body and your mind. Even if you just do a few sessions or meet every few weeks, you'll find it refreshing to have new workouts.

4. Choose a Personal Trainer when you need to be challenged

If you're like me, you tend to slack off on your workouts sometimes, especially when things get tough. A trainer can motivate you to push past those self-imposed limits, encouraging you to lift heavier, go longer and challenge yourself more than you would on your own. You'll find it's very hard to slack off with a trainer standing over you, telling you to do just...one...more...rep!

5. Choose a Personal Trainer when you want to learn how to exercise on your own

Even if your goal is to create your own workouts and exercise by yourself, hiring a trainer for a few sessions can be a great benefit for learning the right way to exercise. This is especially true if you want to learn more about the muscles in your body, the exercises that target those muscles and how to do those exercises with great form. Just a few sessions can teach you a lot about your body and how it works.

6. Choose a Personal Trainer when you need accountability and motivation

Trainers come with built-in motivation. Not only are you investing money into your exercise program...you're investing time as well. There's nothing like a standing appointment to get your butt in gear for a workout. Not only that, a trainer provides some accountability so, even when you don't have a session, you know your trainer will be asking if you did your planned workouts. Just knowing that may make it harder to skip your workouts.

7. Choose a Personal Trainer when you have a specific illness, injury or condition

If you have any specific issues like arthritis, heart disease, old injuries, etc., working with an experienced trainer (who works with your doctor, of course) can help you find a program to help heal injuries and avoid any further problems. It's also a great idea to work with a trainer if you're pregnant and want a safe, effective workout to keep you healthy and fit. Just make sure your trainer has experience with your issues!

8. Choose a Personal Trainer when you're training for a sport or event

If you're training for a marathon, a squash tournament or some other type of sport or event, an experienced trainer can help you figure out what you need to do to stay strong without taking away from your other training. They can also help create a training program and map out a plan for the coming event. Just make sure they have experience/knowledge in the sport you're training for since not all trainers do sport-specific training.

Thinking about choosing a personal trainer... contact me to discuss the possibilities. (Kelly Ellis – kelly@northfieldclub.com or call 519-884-7020 ext. 117)