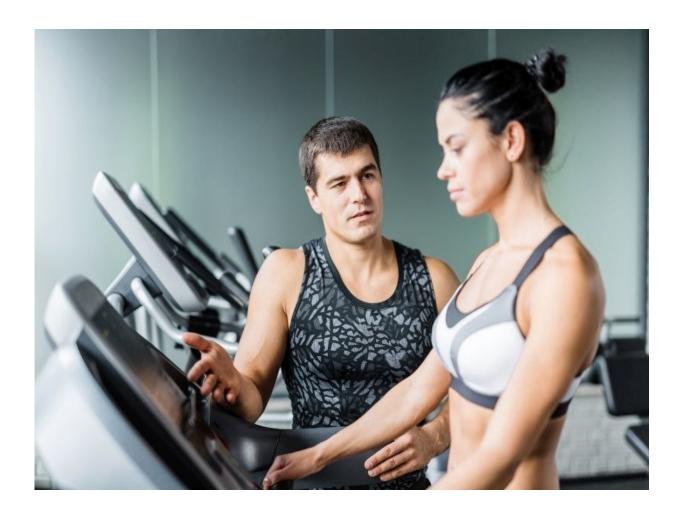


## Selecting a personal trainer

July 19 2018, by Len Canter, Healthday Reporter



(HealthDay)—A personal trainer can design an exercise program to meet your fitness goals, keep you motivated and adapt your training as you progress.



But your first step is finding a qualified professional.

While there aren't any <u>national standards</u> or minimum requirements for someone to call themselves a personal trainer, asking the right questions will help you hire the right person.

Ask about their education, which ideally would include a four-year degree in <u>exercise</u> science or physiology, kinesiology, <u>physical education</u> or a field related to health and fitness. He or she should also be certified by a respected organization.

Nationally recognized certifying organizations include:

- The American Council on Exercise (acefitness.org).
- The National Academy of Sports Medicine (nasm.org).
- The American College of Sports Medicine (acsm.org).

Ask the trainer about the number of years they've been training clients. You might request a resume and current references.

Don't be shy about discussing fees, which can vary widely—from \$20 an hour to over \$100/hour, based on factors ranging from the trainer's qualifications to the length of each of your sessions. Ask if lower hourly rates are available if you prepay or agree upfront to a certain number of weeks or months.

Since results depend in part on having a good working relationship with your trainer, make sure that his or her personality meshes with yours and that he or she communicates in a way you feel comfortable with.

Once you've made your decision, ask the trainer for a written agreement that details fees, your workout schedule and policies regarding cancellation and payment.



**More information:** The American Council on Exercise has more on how to pick a personal trainer.

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