

Is online fitness training right for you?

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(HealthDay)—You say that you can't get to the gym or afford to hire your own personal trainer, but you want a routine made just for you. It might not be mission impossible after all.

Why not consider online fitness training with your computer, smartphone or tablet, and a workout pro on the other end? There are almost as many of these offerings as there are exercises themselves.

Some websites offer live action, two-way trainer-led workouts with the instructor watching you and able to give corrections. Others offer customized routines that you follow from a [video library](#) or with an app. Many will track your progress and update your routine as needed. Some provide monthly consultation phone calls or video chats or feedback when you send in a videotaped workout, and answer your questions via text. As you investigate the choices, check that the trainer is certified by an established fitness organization.

Leading Certifying Fitness Organizations

- American Council on Exercise
- National Strength and Conditioning Association
- American College of Sports Medicine

Ask for references and read comments on [social media](#), not just testimonials posted on the website. Beware of unrealistic promises. Compare the costs from different companies so that you know what you're getting for your money.

Online training isn't right for everyone, especially if you're out of shape or have medical issues. But even then, it could help during the second stage of a [fitness](#) plan after getting an in-person assessment and [workout](#) routine.

More information: ConsumersAdvocate.org has reviews of many [online fitness programs](#) to start your search.

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