



9 Reasons To Hire A Personal Trainer

We all need a little help with exercise sometimes, whether we're just starting out or we've been at it for a long time. Still, there are people who shy away from training, unsure of what they'll get out of the experience or whether it's worth the money. Take a look at just a few reasons people typically hire personal trainers and see if it's the right decision for you.

1. You're not seeing results

If you've been exercising consistently for several weeks or months 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 realistic for you.

2. You don't know where to start

Knowing how to set up a balanced schedule that includes all the activities you need to do can be confusing. The great thing about a trainer is that he can help you maximize your time while helping you stay within your own limits so you don't overdo it. He 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. You're bored with the same old workouts

If you're an experienced exerciser, maybe you haven't considered working with a trainer. But it 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 and new exercise toys to play with.

4. 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. 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. 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. You have a specific illness, injury or condition

If you have any specific issues like arthritis, heart disease, asthma, 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. You're training for a sport or event

If you're training for a walkathon, a marathon, a golf 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. She can also help create a training program and map out a plan for the coming event. Just make sure she's experienced in the sport you're training for since not all trainers do sport-specific training.

9. You want supervision and support during workouts

Some people know how to exercise and they even know how to do the exercises correctly, but they like having a trainer around for support and supervision. If you're lifting very heavy weights or need someone to help with partner type exercises, working with a trainer might be a good choice for you. He can spot you during workouts and help you come up with a good training plan for your goals.