



## What to Look for In a Personal Trainer

### 1. Education

A personal trainer should be certified through a reputable fitness organization such as ACSM, ACE or NSCA). An exercise science or other related college degree isn't necessary, but the more education your trainer has, the better your workouts will be.

### 2. Experience

Make sure your trainer has several years of experience, especially in relation to your goals. For example, if you'd like to start running road races, you will want someone knowledgeable in that area.

### 3. Specific expertise

If you have a specific medical problem, injury or condition (such as being pregnant, heart problems, diabetes, asthma, etc.) make sure your trainer has education in these areas and will work with your doctor.

### 4. A good listener

A good trainer will listen closely to what you say and make sure he understands your goals.

### 5. Personal attention

A good trainer will be focused only on you during your sessions.

### 6. Tracking progress

A good trainer will regularly assess your progress and change things if necessary.

### 7. Personality

Personality is important too since you'll be working very closely with this person. Make sure you get along with your trainer and feel comfortable asking questions.

### 8. CPR

Your trainer should have an updated certification in CPR and/or first aid.