



**Are you getting the most out of your time at the Gym...?**

### **Why work with a Personal Trainer ?**

When you hire a personal trainer you are not just purchasing their physical presence and guidance through your workouts but also their education, experience, knowledge and expertise with program development and design.

Our bodies have more than 200 bones, over 600 muscles and approximately 230 moveable and semi-moveable joints. Let's face it, our bodies are extremely complex!

Personal trainers have been educated in these complexities and therefore, are uniquely qualified to help you achieve your personal fitness goals as safely and quickly as possible. In addition, Personal Trainers are continuously re-educating themselves to make sure they keep up to date with the latest and greatest fitness programs, exercises, and techniques.

If you choose to hire a Personal Trainer, you might spend a little more up front, but you will definitely receive a far better return for your investment.

A Personal Trainer, will help you with the right combination of exercise movements and techniques to use while doing them. They will also help you with proper form, range of motion, and intensity necessary to achieve the results you want without hurting yourself. Proper nutritional components to fuel your body's needs are important in order to progress too.

A Personal Trainer will conduct an initial fitness assessment by gathering your lifestyle history and listening to what you want to accomplish. Your trainer will then create a personalized fitness program custom tailored around your specific needs and goals.

Once your program is created, your trainer will explain methods, principles and reasoning behind every aspect of your program's design and execution.

As you progress, your trainer will monitor your improvements and fine-tune your program as needed by making the necessary adjustments in order to help you advance to the next level.

Because your trainer has a vested interest in your success, they are just as motivated about your pending body transformation as you are. Together, you will work side by side as a team in a joint effort to ensure you achieve the personal and fitness goals of your dreams.

For those of you who already know your way around the gym, a Personal Trainer can be very beneficial as well.

If you find yourself at a point in your training where you have reached a plateau and can't seem to make further progress, or you are simply bored with your current routine, then a Personal Trainer is exactly what you need!

A Personal Trainer can take a close look at what you are doing in your current program and offer you a fresh perspective based on their professional knowledge of the most up to date health and fitness advancements.

After evaluating what you have been doing, your personal trainer can then recommend the appropriate adjustments to your current program that will jumpstart your workouts in order to help you to advance to the next level.

Whether your goal is to lose weight, increase lean body mass, or simply improve your health, hiring a personal trainer is the quickest and safest way to put you on track to a slimmer, stronger, healthier and more energetic you!

Don't allow time spent time gym to become wasted in the gym.

Let a personal trainer maximize your results!

A personal trainer can:

- Provide an initial fitness assessment
- Help you set safe and realistic goals
- Help keep you consistent and accountable to your workout goals and progress
- Create an enjoyable exercise environment
- Motivate you to challenge yourself at every workout session for maximum results
- Help you maintain your mental focus
- Teach you proper stretching techniques to improve flexibility and range of motion
- Show you how to warm up and cool down
- Help you to prevent risk of injury
- Make certain you use full range of motion
- Educate you on proper form and technique
- Ensure you achieve and maintain proper workout intensity target heart rate
- Assist you with exercise recovery
- Keep you up to date on the latest fitness trends, programs and exercises
- Adjust and update your program as needed.

Please contact me if you'd like to make a commitment to an exercise program, I'll help you get started and will help you every step of the way to reach your goals.

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