

## CHOOSING A PERSONAL TRAINER



"All that stands between a good body and a great body is **someone to push you just a little further** than you would push yourself."



I was a personal trainer for 15 years and now I have many people asking me questions with regards to personal trainers:

1. What should I look for?
2. Is male or female better?
3. How much should I be paying?
4. How often should I see a trainer?
5. Do I really need one?

I will attempt to answer these questions from my perspective.

I encourage you to really consider the following as you decide whether to get a trainer and then who:

- A good personal trainer (PT) offers many things to you; motivation, education, friendship, accountability and as stated above "someone to push you a little bit further"
- Make sure you need one or more of these things before deciding to get a PT.
- Don't expect automatic results just because you have a PT. Your outcome is totally in your hands - your trainer is just your guide and support. You must take responsibility and do what you need to do in the hours when you are not with your trainer.
- How often you use a trainer is up to you and depends on how much you want to invest and how much you need the help. I would suggest 1-3 times per week, because this means for you to get the results you want then you have to take the responsibility to do stuff away from your trainer. This is where you will get the best results. Even just once a fortnight is very effective if you can follow instructions and be accountable.
- PT rates vary from \$30 -\$200 per hour – it really depends on the quality of the trainer and the value you see that you get. No price can be placed on your health and I strongly recommend that you make the investment now, whilst you are healthy, rather than later when you are forced to.
- When looking for a PT consider the following:
  - Their experience – there are many trainers coming through these days and many bad ones. Do some research on what they have done, who they have worked with, what results they have had.
  - Get a referral from someone you trust if possible – then you know you are getting quality.
  - Male or female – it is your preference. The sex of a PT has nothing to do with their effectiveness.
  - Make sure you like the person – you won't want to spend time with someone you don't like

- Make sure they; ask what you want to get out of the experience, listen to what you say and then treat you appropriately.
- Make sure they know what they are talking about.
- Do they have certificate IV, are they insured and have they current and valid first aid certificate?
- A good trainer will inspire and empower you to want to do it without them and not make you feel dependent on them.
- Make sure you have fun with them
- A good trainer will give you one or two complimentary session so that you can try before you buy. Ask for this and if they are unwilling, find someone who will.

Good Luck – if you have any more questions email [info@andrewjobling.com.au](mailto:info@andrewjobling.com.au)