

the personal trainer

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Lives are hectic as we juggle business, family and lifestyle, and on top of this we strive for optimal image, health and fitness. The reality is that good quality and consistent exercise can end up at the bottom of our priority list, which is often where trainers are enlisted to maintain physical performance. But who is a personal trainer and what separates a merely good one from a specialist?

Three things to look for in a trainer

Qualifications:

The authority for exercise professionals in the UK and world-wide is the Register of Exercise Professionals (REPs) and if a trainer isn't on this, don't go near them as their dedication to continued development and advancement is negligible and their qualifications are likely to be questionable.

Personality

Successful personal training requires a high level of teamwork and trust in your trainer for formulating the right levels and ways to train you to achieve your specific goals as effectively as possible. You need to make sure you feel comfortable with their communication skills and level of professionalism.

Experience

Like most industries, experience generally correlates with success and a well-established trainer will have achieved such status and

reputation through continued high level service, so see how long a trainer has been in the industry. This said, well-established doesn't mean up-to-date. Don't be afraid to ask questions about their achievements – a good trainer will be proud to tell you.

What can top-level trainers do for you?

- Structure, guidance, and long-term physical fitness and corrective exercise planning. Biomechanical and postural alignment assessments.
- Target fat-loss, lean tissue development, increase muscle strength, injury prevention.
- Exercise prescription for pre/post natal, for those with underlying medical conditions, cardiac rehabilitation patients, orthopaedic conditions.
- Depending on qualifications, provide sports massage therapy or manipulative therapy.
- Exercise and medical science are advancing significantly, so optimise the benefits of your training and stay ahead with the most up-to-date resources. Invest your time with a trainer and get the edge.

