

Tips for selecting personal trainer

By Brenda Bark

SPECIAL FOR THE REPUBLIC

A reader asked: "I am trying to find a personal trainer in my area. Unfortunately you are too far away for me to utilize your services. How do I go about selecting and hiring a personal trainer?"

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You want to check references and ask to see a few before-and-after photos of their clients. Make sure the client was photographed in the same position in both photos, and with similar backgrounds. Ask about the dates that the photographs were taken, and the time span between.

Ask how many clients have achieved results similar to those pictured.

Finally, ask how recently the client's last photograph was taken. You want a trainer with current experience who is not just dabbling in personal training.

Ask to see a copy of potential trainer's certification. Ask how long the trainer has held this certification. Find out if the trainer has other qualifications, what they do to stay abreast of the continually



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evolving personal training industry.

Make sure the trainer is fully insured against liability and injury.

Inquire about training rates and policies. Most trainers will accommodate a month-to-month plan. Read contractual fine print carefully.

Another very important aspect is the trainer's approach to training. A credible professional should be able to tell you, right off, how he/she will approach your fitness goals.

Also, I think you should consider how a trainer looks. Is he/she in reasonable shape?

Respecting your trainer's opinion and having confidence in their program will be difficult if you are in better shape than the trainer. Follow these tips, and you should be in great shape!

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