

Is Personal Training For You?



Personal training is for YOU if you find yourself:

- Doing the same workout over and over again
- “Starting on Monday”
- Waiting for results
- In a group exercise class that is too hard or too easy
- Wondering what to do next
- Watching other people workout to get ideas
- Wishing you had a plan
- With injuries over and over again
- With risk factors for heart disease (family history, smoker, high blood pressure, high cholesterol, diabetes, obesity, sedentary lifestyle (less than 30 minutes of moderate activity 5 days a week))

A personal trainer can help you:

- Start and maintain an effective exercise program
- Understand your fitness goals and help you achieve them
- As a source of motivation and encouragement
- As a resource for the latest objective health and fitness information
- Design a plan to fit exercise into your schedule
- Learn how to get the most out of your time in the club



GUIDANCE - **MOTIVATION** - **RESULTS**