

Summer Special for Students

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**Look into our new upbeat
Hip-Hop Zumba class on
Wednesday's @ 6pm.**



How to pick the right Fitness Trainer for YOU

You see them at your gym everyday throwing medicine balls and pushing a few extra reps out of sweaty clients. You have asked yourself "could I use a fitness trainer?"

After watching the people do exercises you have never seen and noticing their waistlines slimming and arms toning, you decide it's worth a look. Can you afford to have your own personal trainer? The question really is can you afford NOT to have one?!

I wonder how much money people spend on doctor visits, elective surgeries, organic foods, vitamins, prescription drugs, tanning, designer clothes, and haircuts all aimed toward feeling and looking better. It could be a lot less if you just hired a fitness trainer twice a week and you would feel better mentally and physically as well as lowering your blood pressure, weight, cholesterol, heart disease risk... I can go on and on here but you get the idea!

I am writing this article telling you "how" to pick a fitness trainer so I will get to that, but I felt reminding you of "why" was a great place to start.

The common misconception about trainers is the more education they have, the better they are for YOU. You is the key word here. Are you a professional athlete? Are you rehabbing an injury? Or are you just someone who needs some new ideas in the gym and a little extra push?

A trainer with a masters in kinesiology may not be the best practical fit for you and I have seen this a dozen times- you say "the back of my leg is fat" and he says " we are going to perform knee flexion and hip extension to utilize the long head of the bicep femoris".

Look forward to Vitamins and Minerals Class Coming July!

Supplement Facts		
Serving Size 3 Capsules		
Servings Per Container 33		
Amount Per 3 Capsules	%Daily Value	
Vitamin A (as beta carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	300 MG	500%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin B-1 (as thiamine hcl)	75 MG	5000%
Vitamin B-2 (as riboflavin)	50 MG	2941%
Vitamin B-3 (niacinamide)	50 MG	250%
Vitamin B-5 (pantothenic acid)	100 MG	1000%
Vitamin B-6 (as pyridoxine hcl)	30 MG	1500%
Vitamin B-8 (biotin)	300 MCG	100%
Vitamin B-9 (folic acid)	400 MCG	100%
Vitamin B-12 (as cyanocobalamin)	300 MCG	5000%
Vitamin K (phytonadione)	80 MCG	100%
Vitamin P (citrus bioflavonoids)	150 MG	*
Lutein (marigold)	5 MG	*
Lycopene (tomato)	5 MG	*
Proprietary Mineral-Rich Super-Nutrient Blend	1075 MG	*
Wheat Grass; Rice Bran; MSM; Enzymes (amylase, cellulase, lactase, lipase, protease); Ionic Trace Minerals		

*Daily Value not established.

Did you lose him on that one? Me too! That is one of the most important things to look for in your new trainer- how well do YOU communicate with them and vice versa? During the first meeting you should know right away if there is a good rapport, and honestly decide if you are excited about spending 2-3 hours a week with a person. You don't have to be best friends, but I know my clients get excited about knowing they are in for a workout that day and that doesn't happen if you don't enjoy talking to and learning from your trainer.

This next one is going to get me in trouble, but it's what everybody in the gym is thinking and doesn't say.. Do they Look like a fitness professional? I am not proposing we start stereotyping trainers or that everyone in the field has to have veins popping out and wear Under Armour.

However, if I was going to pay for a haircut- I wouldn't get one from the guy with a mullet! If I was going to pay for boxing lessons, I would want to make sure the teacher could throw a punch. If you are going to pay for fitness and health advice, you should be confident in that's persons grasp of not only book smarts but also the practical application of the exercises and nutrition. That simply means- pick a trainer that practices what they preach!

Now here is a really important exception to the rule. Is the trainer in the middle of using their knowledge to accomplish a fitness goal? That means that maybe 6 months ago they were in bad shape and they have been busting their butts to get from that to the ideal healthy weight goal they have set and when you meet its half way accomplished

This is an ideal situation for a new client as the trainer is going through what you are at the same time! You can relate to the struggles and victories with this person and build that rapport I earlier said was an important component to the client/trainer successful relationship.

It goes back to YOU. Are you in decent shape and just stuck in a rut? Or are you a beginner that has no clue about fitness or nutrition? If you are advanced then you would want a trainer at the end of their goals, but a beginner would see a lot of success with a fitness professional still striving to reach these goals.

What is the best type of trainer for YOU?

***Email me personally if you need more help or have questions:
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**EMAIL ONE OF OUR
TRAINERS FOR A FREE
SESSION TODAY!**

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