

PERSONAL TRAINER

CAREER SUCCESS



HOW TO HELP
PEOPLE,

MAKE A GREAT LIVING
DOING WHAT YOU

LOVE

AND LIVE YOUR
DREAMS!



PERSONAL TRAINING

Summary

The need to exercise and become physically active is something that human beings were born with. It was intended that we crave movement and in turn work out by increasing our heart rates and tiring our muscles. However, most people have deviated from this very vital routine because of the conveniences of modern lifestyles. Not many people can walk short distances, not with vehicles available to make everything easy.

The changes that we have gotten into are causing diseases to occur. In fact, there is an obsession today about attaining a certain body weight that so many struggle with. The reasons for this include both medical reasons and pure aesthetic purposes. As a result, most people are opting for remedies that usually don't seem to produce any result. Diets, pills and surgeries all seem to have lasting side effects that a good number of individuals opt to avoid. This therefore leaves the only safe and ancient method of physical exercise to help with weight loss.

While some exercises can work, they are just as useless when not planned for and executed smartly. This is the reason why it is necessary to have personal trainers. These are individuals whose main purpose is to guide people through useful routines according to target goals and body requirements. This stems from the understanding that every individual is unique and that general group activities may not work for all. If you become a personal trainer then you can help people to keep their objectives in line. You can maintain a sense of discipline to help overcome all challenges. What is more, there is the advantage of observing personal progress every other day. You can change routines according to body adjustments too.

You may learn quite a bit about your own exercise goals in the process as well. If you are a trainer then you can also identify the right exercises for you after considering a number of aspects in your life. This means that you will not waste time on things that will not work in the first place. Although exercising is not the easiest option available, it is safe and among the most effective especially when doing it with the proper guidance, motivation and push. Investing in a personal trainer is an advisable move

for any person intending to get fit. You can certainly help people out when you are a certified personal trainer with experience in dealing with all sorts of cases. In fact, your efforts can be helpful for individuals suffering from chronic diseases who are looking for a way to add value to their lives by feeling physically fit.

The big question however remains on how one can become this important type of person. This eBook focuses on outlining the importance of personal trainers, how they execute their tasks, what a personal trainer should be like, how to become one and also on the reasons why you should join the club of thousands of personal trainers and experience the joy of changing people's lives. Weigh your options and make an informed choice, do not just flow with the wind and look for easy ways out.

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Introduction

Everyone knows how important exercise is. Gauging from the continuous drive of people desiring to lose weight using any means possible, it is obvious that attaining a certain body weight seems to be a priority for many people. However, even with the zeal and desire to shed off the extra pounds, a good number of people actually get to achieve their goals. In many cases people start working out but somewhere down the line they give up. This could be attributed to the fact that they have a lack of self-drive or just because there is no motivation to push them.



Just like relationships, careers and hobbies, the only way an exercise routine can work is through persistence and by being passionate. If you are passionate about something then you will make sure that you find a way of making it work. While this is a fact that most people understand, its application is not clearly figured upon as much.

Like most experts will tell, exercise must not be narrowly defined and inclined to standard boring routines. Find activities that you can actually enjoy if you want to max out on the exercise and benefit eventually. Discovering your fitness passion is the first step towards getting in shape. Contrary to common belief, enjoyment when exercising is very important and may be the key to successful workouts. Fitness should never be equated to medicine that you must bear with; people who find fun in their activities have been found to benefit the most.

If you are a personal trainer then you can get people to understand just how great exercises can be. This is because you will understand what exercises people require and even figure out what you need to do yourself.

Health fitness experts and psychologists define exercise as any activity done deliberately to get your heart rate up. It does not matter whether it is gardening or cycling for fun. Any hobby that engages your muscles in movement because of the intensity with which they are done is good for exercise.

It is therefore not necessary to downplay fun activities in the name of fitness. Just because you do not like running should not be the reason you may confirm your hatred for working out. Conventionally accepted exercises need not be the ideal ones. Find the things you like doing best with much of an emphasis laid on enjoyment. After all, life is too short to spend your time on activities you hate or tolerate.

Why do people need personal fitness coaches?



Finding the right exercise may be achieved with the help of a good personal trainer. Most people know this to be a fact but still wonder whether it is the only reason they should spend a lot of money hiring them if it is the only thing they are supposed to do. What if someone is able to figure out what works best without another person's help? The truth however is that a personal trainer is important in more ways than one. This is especially so for individuals with a serious target and clearly set fitness goals. Personal trainers will help get everything in perspective as well as provide a road map with which to follow. If you work as a trainer then you could really make a difference in anyone's life.

Exercising is not something for the faint-hearted. It is not easy and sometimes one's personal drive is not enough. Once in a while one may feel distracted and may opt out of a program. This is the time that a motivator comes in handy.

A personal trainer not only acts as a coach but comes in many shades. A trainer is a confidant to whom someone can express fears to without being judged. A trainer can be a good educator too. Most people with personal trainers can attest to the fact that in days when they felt like giving up, their trainers provided the much needed encouragement and motivation that they deserved.

With any form of exercising, consistency is key. While this is true it is not an easy fit to achieve. However, a personal trainer can help to make it happen in some way. The client will have to show up to all of one's scheduled sessions and avoid making excuses for failing not to. This will help to keep track of the progress by planning, executing, measuring and making relevant assessments, something people hardly do on their own.

One other important point of personal training entails safety. Just because someone has decided to exercise does not mean that the person can engage in dangerous activities. Any equipment the client is unsure of or any activities one has doubts on can be clarified by you as a trainer. You could guide through the steps of exercising safely to prevent injuries.

What most people will appreciate in personal trainers like you is the fact that they offer individualized training. Like it has been proven a number of times over, one exercise routine may not work for everyone. This is the reason why one may benefit from a supplement whereas another end up gaining weight rather than shedding as was intended. Personal trainers will carry out evaluations and also consider personal goals to come up with an effective workout program for any individual's. A good personal coach will also take care of the emotional being apart from focusing on the physical training aspect.

Every person today wants to invest in result-oriented activities irrespective of what the focus is on. Considering how busy lifestyles are in the current world, nobody can afford to waste both time and money on ineffective activities. Exercise routines also need to be effective from the beginning. This is what a personal trainer actually offers. A trainer can focus on maximizing available time by offering exercises that provide workouts designed to meet goals in a quick and effective way. This should not be taken for granted since proper execution of programs requires both skills and expert knowledge. A personal trainer is crucial in making anyone step into the world of fitness with the right execution.

Are you a sports man or an athlete? If this is the case then it goes without saying that you can be a personal trainer. You will help people gain from the sport specific training you may offer. You can tailor work to the needs of others as well. Any person training professionally cannot afford to work on their own; it does not matter if they are seasoned players or just starting out.

Personal trainers have a way of helping them work through recovery too. Accidents and injuries are a part of daily living and are a major reason preventing people from working out. For a smooth transition however, one may need a personal trainer. You can help people to recover and participate in their favorite activities again. The process of rehabilitation after an accident becomes easier with the help of a health and fitness expert. This works because personal trainers will recommend appropriate exercises, which will help in recovery as well as prevent any further harm from taking place.

Contrary to what most people think, all exercise may not be recommended for everyone. There are some individuals with special needs requiring specialized training. People suffering from certain diseases like asthma and diabetes among others can only work out under special instructions. Being physically active may be a positive move for these patients although the real challenge lies with how to execute the exercises without increasing or causing more damage. Working with a personal trainer is the only solution for the situation. The knowledge and experience gathered by personal trainers through their work lives enables them to come up with programs that guarantee safe workouts for the enhancement of recovery or comfort in managing different physical issues one might have.

Every once in a while people need to be given positive feedback. This is what a personal trainer will do. It is human nature for a person to want to feed his or her ego for the sake of feeling good. Working with a personal trainer ensures that anyone can get frequent updates on one's progress which in turn helps people to work on various challenges. This may not be the case when working alone because a solo effort will be in mysterious territory as one will not know how to keep a measure of how good the self is doing. If you know how to exert confidence onto people then you will certainly have a good time as a trainer.

Ever wondered why some people seem to work really hard at something and never make any progress? The explanation to this is simple. Most of these individuals do not work smart. The secret to being a pro at something is to be tutored or to work under an expert's supervision. If you work as a personal trainer then you will certainly be able to help people out with their workout needs.

What makes a good personal trainer?



Personal training is important. This fact we know for sure. However, a good trainer can really get the efforts going well. If you know what you have to do in order to be a good trainer then you will certainly succeed.

The first indication of an excellent trainer can be seen from one's physical appearance. A trainer has to be fit so as to inspire the same for the clients. They must be passionate with their work since it is the only way to achieve the very best. Although it is possible for a coach to churn out great players without necessarily having to play the game, for optimum results he or she needs to be part of it.

This is especially true for [gym instructors](#). This increases effectiveness of performance as compared to a coach or trainer who does things by word of mouth. Fitness encompasses aspects of passion, dedication and determination. You have to lead by example when making your efforts work well. Do not overlook the importance of passion in both work and exercise when training people. You must possess the ability to push people forward. This is a very important element in fitness. You must possess the skills of knowing people and understand when it is ideal to push someone and

when a different idea should be used. Good credentials may be great and impressive but when it comes down to the real thing, what a trainer can do is what counts. Balancing empathy, rest and understanding when working with clients is an important trait any personal trainer should have. No client wants to be hurt just because they were working out.

A good personal trainer must have some form of education to back up their claim. However, it is not enough to discredit a competent trainer just because they lack the credentials. It is one thing to have a certificate and another to really know what is expected of clients. You have to embrace continuous learning since your clients' needs can vary each day. Have a fixed mindset and you can get the problem approached with care.

There is nothing as appreciated in any professional field like excellent communication. You must be an excellent communicator. You must be in a position to understand people, think critically and listen effectively. Your responsibility is all about helping a client to achieve one's personal health, wellness and fitness goals and the only way to achieve this successfully is to work with the client as closely as possible. Understanding the direction the client wants to take is the first step towards making this a reality. It is important therefore for trainers to be better listeners will regards to how you talk.



You must be able to empathize with client. Never show negative responses but instead encourage people to be fit.

A client and trainer may be disconnected because of a simple factor and that is lack of empathy. A good trainer has the ability to relate to the client's struggles without being judgmental. While this may be a difficult task, it is not unachievable. It is not necessary for a trainer to have a history of struggle but compassion is a key element for you to hold if you are to stand out. You must exercise patience every time when

taking care of your clients. Patience will help you to appreciate the pace with which certain clients are working and not be too hard on them.

A good trainer needs to understand that they are working as therapist where they must always listen to clients problems if they are to help them effectively. As a trainer, your main task is to train, educate, counsel, motivate, push and support clients towards reaching their goals.



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What is the benefit of becoming a personal trainer?

The fitness industry is growing every day as lifestyles change. People are increasingly gaining weight and the struggle to prevent this from happening is real. There is a bigger percentage of people trying to avoid weight gain while the remaining percentage struggles to shed the excess pounds. Personal trainers can help people to ensure that there is a healthy balance between the two groups.

You could become a trainer yourself as well. Apart from the obvious financial gain, being a personal trainer has numerous rewards.

Personal trainers work with different people every day. The major reward comes from the fact that you will be participating in transforming someone's life by helping a person achieve one's goals. These activities range from weight loss projects to preparations for large events like marathons. In addition to this, you have the opportunity to work with people in different settings. You could work in a gym, a health club or in your own practice.

Personal trainers have a chance to share their experiences as they work every day. Most trainers swear that the best part of their days comes from the satisfaction of having helped others to achieve their goals. Most trainers have had their own struggles before where they finally learned how to cope. Getting an opportunity to share with others experiencing the same struggles gives trainers a sense of fulfillment that only they can relate to.

The benefit that comes through watching clients progress is the other factor that most personal trainers love their jobs for. The fact that someone else is improving as a result of hard work can give you the zeal to continue with what you are doing.

Observing gradual progress every week is enough to satisfy trainers since they know they have something to share with the world and actually make an impact. This is something every human being usually desires to feel. The fact that you can effect some real change cannot be compared to anything in this world.

Trainers are responsible for much more than getting people back to their perfect shapes. Personal training goes beyond physical fitness and can factor in the element of self image and character building. Helping clients to live a healthy life trickles

down to the fact that they will eventually be in a position where they will transform their self images and self worth.

Most trainers will swear to the fact that watching people build confidence and believe in themselves is among the most gratifying feeling ever. They take pride in the fact that their clients continuously build their abilities with each passing day of training.

The other advantage of being a personal trainer is the fact that you get to be your own boss. This gives you the empowerment of managing your finances as well as making important decisions because you have total control over everything.

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How to become a personal trainer?



While personal training seems to be an interesting and simple job it should not be assumed that it is so easy to do. The fact that you are always in comfortable clothes and that you work flexible hours does not make the job any less taxing. The burden of having to change people's lives through exercises and guidance can be a heavy burden to shoulder and is not just about hanging out in the gym all day.

First, you must decide if you have everything it takes to be a fitness expert. Becoming a personal trainer requires you to have a number of skills mastered. Among them involves being a motivator who is persistent, a good listener, nurturing, organized and patient. If you are an individual that loves to work with people from different backgrounds and cultures and you can motivate yourself then considering this job is a good option for you to get into. Ensure that you manage a good and healthy lifestyle so you can be a role model to your clients.

Once you are comfortable and confident in the shoes of a personal trainer, the next step is to take the necessary courses to become competent. There are a number of organizations offering fitness certifications. You may be required to take several classes, workshops and exams before qualifying. It is important to choose a renowned fitness organization and especially one that is nationally accredited.

It is helpful to confirm with the club or spa you intend to work with the exact certification that they prefer. Find out online which certifying organizations are credible. While you are at this, ensure you look up for the prerequisites as well as

costs for a program. You do not want to be surprised when signing up for the courses. Inquire about all the details that you may need to avoid any inconveniences.

A personal trainer is important but you may be confused when you become a jack of all trades. It is important that you specialize in one area of fitness for your work. The fitness industry is getting competitive every other day and being a general practitioner does not cut it. Back up your specialization with a specialty certification. This is the only way that you will convince your clients of what more you can offer and even charge a higher price for it. One specialty could be the clinical exercise specialty which gives you room to work with special cases like sicknesses and injuries.

After acquiring all the necessary academic qualifications, it is important to put your knowledge into practice and begin amassing experience. This means that you may need to find a job at a club, gym or health center.

It is important to select a workplace that you will be comfortable with. Consider their payments whether it is based on monthly wages or commission-based incomes. The important fact is to ensure that you are satisfied with the arrangement and that nothing will interfere with your work.

You can decide to venture out on your own also. If this is the case then you must decide on the business entity. You have to figure out if you will be a sole proprietor or will go for partnerships with likeminded individuals. After you have chosen the business plan you want to follow, name it and register with a list of targeted and potential clients in mind.

The next step is to ensure that you get your name out to the masses. Market yourself using all means possible. Flyers, websites, newsletters and business cards are among the different ways that you can market yourself. Use friends and family to spread the news about your business. The other great way of bringing people to know about you is through holding seminars and free consultations. Anything that will get your name out in the open is welcome.

Never settle with the knowledge that you have. The fitness industry is changing and dynamic. This means that you need to update yourself from time to time. You must seek continuous improvement in terms of education. The good thing is that there are companies specializing in providing continuous education.


The bottom line is that you should not settle for what you have. The human body is complex and there is a thin line between causing harm and doing real good to it with

exercises. This means that you must have a full understanding of the human body, especially as far as the muscles are concerned. It is therefore only logical that individuals who despise reading should not try out for personal trainer jobs. It only means that the success in this field is achieved when one desires to improve. You need to continuously read huge volumes of subjects related to fitness to become a better expert.

With the right kind of mastery in what counts as a personal trainer, what is left to do is to convince clients that you are the go-to trainer for their needs. The only way to achieve this is to ensure that you are indispensable. With the right combination of skills, talents work and experience, you are assured of success. The fact that you are certified is not enough to pull clients. Clients want to see results and assurance of this is the only way to get them on your side. Always attend summits, seminars and workshops organized by fitness organizations to keep you updated on the new developments in the industry.

The right kind of establishment in the personal training field only opens better doors for you. You may enhance your overall career path and become an athletics coach, author or even a fitness consultant.

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The role of a personal trainer



When all is said and done, understanding what a personal trainer does remains the most important task of all. These are individuals whose passion to work stems from the passion of leading healthy lifestyles and doing the same for others. They are people who find joy in helping others to live an active and fit life as they do. Theirs is a task that begins from the heart and grows through motivation and a love for fitness. This is the only way to make it last.

It is very important to understand what personal trainers do, especially if you are considering a career option in this path. But what remains vital and first on the list is to identify the reasons why you want to stick with being a fitness expert. Ensure it is not for the wrong reasons. Factors like good looks plus easy and fast money are not reasons to make you stay. You should start looking for alternative options. You should be motivated to be a personal trainer because you want to do some real good. Helping people live healthy lifestyles, supplementing other careers, offering lessons about the body's capabilities and your love for the job are among viable reasons that should be the driving force behind choosing the job.

No job is without expectations. Personal training is no different. With much publicity accorded to personal trainers today, the expectations are vast. The publicity has its good sides but does not come without its share of negatives. The only advantage is that the recognition of personal trainers keeps growing day in day and day out. Trainers are being appreciated as people who set goals and achieve everything with the success of clients being illuminated in the media. The bad side of all this is there is a lot of distorted information about what a personal trainer can actually do.

A personal trainer is no miracle worker. Most clients, especially first time clients, do not understand this fact and often get disappointed when their expectations are not met. There is a guideline that you must work with. You must have excellent knowledge of the human anatomy with particular attention on nutrition and exercises all at a basic level.

Secondly, you must have the ability to design both group and individual exercise programs that fit your clients' needs. This will be affected after proper analysis of the client's needs. This means that you should understand how important the assessment and screening of a client's progress is. This should be done from the beginning and after reasonable intervals. Knowing how to plan and design is one thing. You should be in a position to execute exercise programs safely and effectively without endangering their clients.

It is expected that you should also have the desire and urge to help clients reach their health and fitness goals by combining different sets of exercise. A good mix of cardiovascular and flexibility exercises and resistance workouts is expected.

Above all else, you must maintain personal integrity which is indicated by your personal level of fitness. Generally though, a personal trainer should be able to design progressive, interesting and fun workouts that are geared towards improving clients' fitness levels.

What personal trainers should not do

In as much as a personal trainer like you can be helpful when it comes to general health improvement, there are boundaries that you should never cross. This also goes as a warning for clients. No matter how much you trust a client, ensure that you do offer any prescribed medicines. Issues concerning drugs and therapies are medical and should be strictly left for doctors and physicians.

You should never touch people inappropriately either. If body massages are not within the job description then you should not give them out.

There should be a appropriate professional relationship between you and your clients. This means that no romantic relations should be going on. You should focus on what the client's goals are as opposed to pushing personal presences onto the client.

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Importance of a well designed exercise program

Nothing is accomplished successfully without a plan. This is the reason why a properly designed exercise program is mandatory for excellent results. This plan needs to have a balance between nutrition, exercise and life. This only means that for the plan to work it needs to be realistic.

Some of the basic components of any fitness design needs to be fitted in specific lines. First you have to consider the nutrition guidance and analysis. Find out what your client's nutritional requirements are to avoid taking one thing in excess.

Next, you need to factor in the client's body composition goals. What is it that the client wants to achieve. Is it weight loss? Is it body toning? Different people have different reasons for doing things. Never assume that you have the client's best interest before inquiring from them.

The third point is to come up with training schedules that actually work. Do not fix times that will inconvenience the clients you have. Factor in exercises on mobility and include a little yoga if desired. Personal training is not only about physical training.

Finally, focus on the goal-training aspect with special consideration on any upcoming events that one wants to get into. This is especially noteworthy when dealing with athletes. Visit <http://www.nestacertified.com>



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Helping people to find ideal exercise activities

With a lot of emphasis laid on the need to find fun activities, most people get trapped when it comes to identifying what actually works. This however needs not be the case. As a personal trainer, you can take a closer look at your life and the lives of others you are working for in terms of the body and the inspirations that get one going.

As a personal instructor, you can use your knowledge of sports and fitness to your advantage. Much of this entails working with assessments of those that you are working for.

The first questions that you should ask involve things that your clients might like. This could be dancing, gymnastics or even swimming among many other things. The idea behind this though process is to identify activities that come closer to what one enjoys. It is most probable someone won't be as good at some things as one was years ago but an activity that revolves around the same thing can still bring about an equal amount of pleasure. The understanding that movement is a human's natural need makes it easier to find what activity works best rather than just going with the random concept of exercising.

The next step towards helping to find a passionate routine is to consider any obstacles one had in the past. This could be associated with chronic diseases like asthma. It is very difficult to develop a culture of exercising when one is born in a family that does not appreciate it. Any experiences, especially the negative ones are also important to note.

You have to listen to what one's fears are during your approach. Childhood insecurities and lessons associated with exercising at an early age are all important in determining what exercises best suit someone. It is all to find things that one may enjoy.

The other trick that works when considering exercise is the venue. It is important to identify a location that makes someone happy when working out. Some people prefer exercising from home in front of their TV sets while others cherish the outdoors where nature surrounds them. For those who love to exercise indoors then it goes without saying that finding a room that is most comfortable for these needs is crucial. Those who prefer working in the gym also need to find spots where they are most comfortable at without having to compare themselves with others. Expert personal trainers understand the importance of this and would always advise on having beginners at the front near the instructor.

One's personality can also play a major role in understanding what exercise activities to go for. It is important to understand whether a person has a free spirit or is more of an introvert. Knowing how someone are wired will help you select a passion that works best for that client.

Finding an activity that is in line with one's personality has been seen through research to yield results. One's personality will determine activities that the self can enjoy the most. While introverts enjoy activities with high concentration capabilities, individual performance focus and precision, extroverts prefer the opposite. They are likely to go for team sports and fast paced activities like rugby, basketball and soccer among others. On the other hand, introverts will be comfortable with swimming, archery and weight training. Every exercise activity has a different effect on individuals. Some may be the best for uplifting spirits and boosting confidence while others may not. It is also helpful to mix a little of everything for the best results.

Finally but not least important is one's interest in the specified activity. It is important to give enough thought to what one likes best. Knowing goals and how to achieve them is a sure way of making anyone's efforts a success. You should not force something onto just anyone though. Every person has different reasons for exercising

and it is not proper to assume that it is all for weight loss. If you understand the goals that someone has while working out then the process of being a great trainer will be all the more advantageous.

Conclusions

If you work hard as a personal trainer then you can really get anyone to succeed with regards to their fitness plans. It works much better than just trying every exercise in the book without success. With proper guidance and the right amount of motivation, you can help people to succeed. This really can be an amazing work environment to get into when all is said and done.

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