

## Why hire a Personal Trainer (PT)?

1. A PT will design a program to meet YOUR needs.
2. A PT will design an exercise program that is safe and will help you learn exercises the right way to reduce your risk of an injury.
3. A PT will motivate you to stick to your new exercise program. A PT will help you develop skills so that you feel comfortable when you begin exercising on your own.

## Where to start looking:

1. Health and fitness clubs – PT fees are usually **not included** in the cost of your membership and can range from \$40-\$70 per hour depending on the experience and qualifications of the PT.
2. Personal Training Services – There are businesses that offer Personal Training services at a special facility or in your home. The fees can range from \$40-\$100 per hour depending on where the training takes place (i.e. home training is usually more expensive) and the experience and qualifications of the PT.

## Important Questions to Ask:

### Certification:

- Is the PT certified and by what organization?
  - The following is a list of credible organizations:
    - Canadian Fitness Professionals (CanFitPro)
    - Canadian Personal Trainers Network (CPTN)
    - American College of Sport Medicine (ACSM)
    - National (USA) Strength and Conditioning Association (NSTA)
- Does the PT have first aid and CPR certification?

### References:

- Will the PT provide you with a list of clients with similar goals?
- Issues to discuss with the references include:
  - Is the PT on time and prepared?
  - Does the PT focus the workout on the needs of the client?

### Liability coverage:

- Is the PT covered by the health/fitness club's insurance?
- Does the PT have their own personal insurance?



### **Business Policies:**

- Does the PT have written business policies that include information on fees, payment options and cancellation procedures?

### **Special Needs:**

- Does the PT have the skills and abilities to lead a safe and effective workout, based on any special needs you may have?

### **Chemistry:**

- Can you work with the PT? Do you feel comfortable?

### **Other points to keep in mind:**

#### **Review of clients goals:**

- The PT should work with you to set realistic, measurable goals for your workout.
- The PT should ask you for your input.

#### **Updating the program:**

- Your program should be updated every 6 weeks and the changes need to be made based on your progress.

#### **Permission to say “NO”:**

- You have permission to tell the PT if you feel an exercise or activity is too much for you to handle.

#### **Nutrition and other Health Care Advice:**

- PT certification does not qualify a PT to give nutritional advice or advice on any other health care matter. The PT is not a Registered Dietitian (RD) and should only be giving advice based on Canada’s Food Guide to Healthy Eating. They should not be recommending any type of supplement.

#### **Resources:**

- *American College of Exercise (ACE) - How to Choose the Right Personal Trainer (Fit Fact) - [www.acefitness.org](http://www.acefitness.org)*
- *American College of Exercise (ACE) - Reap the Rewards of Personal Training (Fit Fact) - [www.acefitness.org](http://www.acefitness.org)*
- *International Health, Racquet and Sportsclub Association (IHRSA) Tips for Choosing a Personal Trainer– [www.ihrsa.org](http://www.ihrsa.org)*