

Tips on Choosing a Personal Trainer

Not all trainers are created equal! Just like in any line of work, some are better than others and some are more suited to certain types of clients. If you are looking for someone to help you improve your health and fitness, keep these things in mind when selecting a personal trainer.

- 1) **Qualifications** – Trainers are not all certified in the same way or by the same body. Some have university degrees in the sport sciences or nationally recognized certifications while others have nothing. It is probably in your best interest to select someone with a solid educational background in the sport sciences over someone who calls themselves a trainer simply because they like to work out a lot.



- 2) **Professional Development** – Does your trainer stay current? Training is constantly evolving and the best trainers are always eager to learn new things by attending conferences, reading, taking courses or adding additional certifications to their credentials.
- 3) **Relevant Experience** – There are many specialties within the training field such as sport-specific conditioning, post natal, group instruction, older populations, post-rehabilitation, etc. You will want to select someone who has worked with similar clients with similar goals to yours.
- 4) **Knowledge and Resources** – Can they answer your questions and are they well connected? A good trainer will have a wide knowledge base; however, it is impossible to know everything there is to know about health & fitness. They should also be able to refer you to people who can help with your specific needs (such as specific dietary or injury related questions) if they are not within their scope of practice.
- 5) **Personality** – Do you like the trainer and feel that they have your best interests at heart? They may be the best qualified but if your personalities don't really mesh, it may not work. Find someone you get along with who gives you the feeling they care about you and your progress.

Remember, the best trainer for someone else is not necessarily the best trainer for you. If you are not sure about your potential trainer's qualifications and specialties, ask! They should be happy to share some of their background and philosophies with you.

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