Is hiring a personal trainer worth it?

Would jumping into the middle of a lake without knowing how to swim be a good idea? Would you buy a car without knowing how to drive? NO! would be the answer given by most people So why would you purchase a gym membership without knowing how to exercise? The fact is, people are willing to invest time, and money into learning what they feel is vital or essential, yet when it comes to learning how to exercise, they see personal training as something they can do without. Let's look at the top reasons people join a gym. Burn fat. Build muscle. Firm up. Feel better overall. Regain their independence. I believe you would agree that each of these reasons is very important...especially if it is your reason! Yet, the majority of people purchase gym memberships all the time without knowing the first thing about how to design an effective exercise program, believing that walking on a treadmill or hitting weights three days a week is going to get them in shape. The truth is; without accurate advice, the majority of people will struggle along for a few short months and with not much to show for their efforts, they give up and stop coming. This is often the case over a number of years and regardless of your good intentions, it always ends the same way with you being frustrated and even more out of shape. If you don't want to experience that scenario, ask yourself the following questions.   Are you getting the results you expected? Do you have time to waste experimenting on what works or does not work? Do you know which exercises are best suited for your needs? Are the exercises being done with proper form? Do you know how to work around injuries or how to avoid them in the first place? Are you disciplined enough and have the self-motivation to stick with your workout? Are you knowledgeable enough to change your workout each month? Do you know the importance of sets, reps, and intensity, and the effects they have on results? Do you know how to eat properly to achieve your desired weight? If you can truthfully, answer yes to each of those questions then I would like to interview you for a personal trainer's position. If your answer was no to one or more questions, you are among the majority of exercisers who would benefit from hiring a personal trainer. Many people might say, sure but "personal training is too expensive"...is it really? Quite honestly, it it all comes down to what's important to you. Obviously, better health and fitness is important, else you would not have spent your hard earned money on a gym membership in the first place. And with statistics being what they are, whereas 75% of all exercisers quit within 3-months or struggle endlessly without noticing any measurable results, maybe spending a few dollars in personal training makes sense after all. Think about this... For about the same price as a cup of coffee each day, you could hire a personal trainer to work with you once each month. Your personal session would include a customized exercise program tailored to your specific needs and goals along with one-on-one instruction to make sure that you have correct form and are working at the proper intensity for optimal results. Additionally, working with a trainer helps to hold you accountable for your progress on a continuous basis. This helps keep you focused on achieving your goals and motivated to succeed. Remember too, that personal training doesn't have to be a long term commitment. While some people meet with a trainer weekly, others find that once a month or even once every 2-months is adequate to keep them moving in the right direction--it's ultimately your call.nnOne thing is certain; if you are currently not happy with your results are not sure where to start, or are having problems staying motivated, most anyone can afford to spill a cup of coffee now and then ;)nnLastly, when figuring out whether personal training is worth the expense, realize how much it costs you when you fail--you not only wasted the cost of your membership; you have also wasted a great deal of your time as well.nnSo here's the question one more time - nnTo Hire or not to Hire a Personal Trainer?...You Decide

About the Author

Hi, this is Chris Nerat, with over 23 years experience, I have helped countless men, women, and seniors lose weight, burn fat, and get in shape. As a certified personal trainer, I see the difference it makes when helping people reach their fitness goals everyday! http://www.chrisnerat.com
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