

IT'S EASY!: Discover The Secrets to Stay Fit, Active, Young and Healthy

fitr **W O M E N ' S** **SS** & HEALTH

Vol. 9 No. 5
AUST \$6.95 Inc GST
N.Z. \$8.50 Inc GST



20 Secrets To A Healthier Life

- The Right Foods
- The Right Exercise
- The Right Lifestyle

BETTER BUTT, BETTER BACK

Sue Stanley Shows You How

You Can Do It! We Show You How To:

- Drop Fat
- Tone Muscle
- And Keep it off - FOREVER!

EXCLUSIVE

A Workout Session With Alias Star Jennifer Garner

What's The Smell!

Improve Your Hygiene at Home & the Gym

SPECIAL REPORT:
Drugs in Australia & What They Can Do To Your Body

10 Reasons Why We Love KATE HUDSON

STRETCH MARKS BE GONE

Boost Your Confidence and Prevent their Appearance

WINTER MOTIVATION
Keep That Bikini Body All Year Round

12 WEEK BODY BLITZ WINNER MANDI TOMIC:

PART 2: THE WORKOUT THAT GAVE HER THE WINNING RESULTS

YOUR DAILY GUIDE To A Healthier More Fulfilling Life



Choosing Your Personal Trainer

So you have decided to employ a personal trainer, someone who can give you one-on-one attention that you need. You are ready to spend some money on a fitness expert who will give you the advice and guidance you need to reach your goal of getting in shape. But how do you know whether a self-professed personal trainer has the know-how?

What makes one better than another? Before you make that decision, determine just how qualified he or she is by considering certain criteria:

QUALIFICATIONS

Personal trainers have to be certified by a State Government Industry Training & Accreditation Board. Each State has an ITAB which is run by a Department of Sport & Recreation and more information can be gathered on www.insportandrecreation.net. Base qualifications can be gained via correspondence and various colleges and TAFEs. Certification programs require that individuals pass a written and/or practical exam in exercise science and technique. If they are not registered they may not be insured so you can run the risk of being injured with no protection.

EDUCATION

Preferably, the personal trainer should have at least a bachelor's degree in the health/exercise sciences. University degrees demonstrate a personal trainer's knowledge of and commitment to the field. Also, find out if the individual stays current on fitness information by taking continuing education classes, attending seminars sponsored by the fitness industry and reading professional journals and literature. You want someone who is abreast of the latest news.

RELATED SKILLS

CPR certification is mandatory. Training in swissball, massage, pilates,

yoga or nutrition counselling is another plus, although not necessary. If the personal trainer teaches aerobics classes, is he/she certified to do so? Ask to see their certificates. AOK Health Pty Ltd runs a range of post graduate training courses to take personal trainers to the next level – providing you with better service and value for money.

PERSONALITY

Consider the personal trainer's attitude, interpersonal skills and appearance. The trainer's job is to motivate you, improve your technique and keep your workouts fun and effective. If the trainer's style and approach to fitness do not feel right to you, look elsewhere. You need to have excellent rapport with your personal trainer in order to reap the rewards of this unique relationship. A friendly, enthusiastic person with terrific communication skills is far superior to the scholarly individual who cannot convey technical information in easily understood terms with practical applications.

FREE CONSULTATION

Schedule a free, initial consultation where you can discuss some of your fitness concerns. Find out how the trainer gets new clients started. He/she should have you complete a comprehensive medical history questionnaire and ask many pertinent questions about your fitness needs, goals, interests, etc. before prescribing an exercise program.

PREVIOUS CLIENTS

Ask for references. Talk to other clients of the instructor. Ask them how the instructor has helped them and if they have any complaints to air. Several positive testimonials can be very reassuring.

FEES, ETC

Other basic considerations such as fees and scheduling are also important. A personal trainer should charge competitive fees for service; compare rates with other trainers to be sure. Also, consider when and where you want to work out – at home or at a health club – and find a trainer who can accommodate your wishes.

Do not stay stuck with a trainer who is not meeting your expectations. Resume searching and you will eventually find one who is the right "match" for you. **E**



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