Hiring a Fitness Professional Isn't Just About the Fitness

Have you toyed with the idea of hiring a Personal Trainer and then decided not to because you can "just find a workout online"? You're not alone. Whether it's time, finances, or fear of the unknown, many have defaulted to forging their fitness journey on their own. This is great! You've shown initiative and a desire to take care of yourself, and that's to be commended. More and more though, we as Fitness Professionals are seeing that many feel like they know what they need to do – especially with the abundance of readily available information out there - but just can't stick with it. We get it. Motivation is not constant, life is busy, and sometimes even at your own bewilderment, you just don't do it. Or maybe you have been, and now you're unsure why you're experiencing nagging pain from your home workouts.

This is where your Personal Trainer comes in. Not only are PTs trained and skilled at developing safe, appropriate, and effective programming, they are also accountability coaches. What does that mean? Part of their job is to understand your unique circumstances, help you to identify current barriers and obstacles, and support you to remain accountable to your goals by developing and adjusting your plan. They are your personal cheerleader, coach, motivator, leader, and support system. They will help you to discover strengths – both physical and mental – you didn't even know you had. They will provide you with lifestyle tools for life, not just a few weeks or months. Way more than just squats!

Curious about how a Personal Trainer could help you? Talk to your Fitness Centre Manager or email personaltraining@curtishealth.com