

Most trainers will give you a free session to find out whether you can (or want to) work together.



Your Guide to picking a PERSONAL TRAINER

A bad personal trainer can put you in need of surgery, while a good one can set you up to be strong and flexible into old age. Take these tips and you'll make the healthiest choice in the gym.

DO **LOOK FOR FOCUS.** Keep an eye on how distracted the personal trainers in your gym are – if they spend more time looking around or chatting, choose a different trainer, one who pays attention to their client's needs.

➤ TEST THE TRAINERS. Ask for advice about an exercise or machines. Ask questions such as: Why should I do it this way? What muscles are affected? A good trainer will know – and be willing to share – the answers.

➤ CHECK CREDENTIALS. Your trainer should have current certification from ACSM, NASM, ACE, NSCA or another reputable organization, and should also be certified in CPR.

➤ ASK WHAT CLASSES THE TRAINER HAS TAKEN RECENTLY. Recertification requires ongoing study and you want a trainer who's on top of new developments.

DON'T **GO FOR THE TRAINER WITH THE BEST BODY.** Go for the trainer whose clients have enviable forms.

➤ FALL FOR THE HARD SELL. Any trainer who's chasing you around the gym belongs in sales and not on the floor.

➤ IMPULSE BUY. You'll end up with buyer's remorse and a backache. Take your time. Make sure you like what you see before you try it, and try it before you sign the contract.

➤ BE SHY. Ask gym members what they think of their trainers. They'll tell you.

Be honest with yourself. Do you work better with men or women? Do you need a trainer who cajoles or one who pushes? What are your goals, long-term and short? Knowing what you want increases your chance of finding it.