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How to Find the Right Personal Trainer

1. Check their credentials.

While a trainer may come highly recommended, it's best if they have earned a certification from a reputable organization. (i.e. ACSM, NASM, ACE, NCSF) Trainers may also obtain certifications in specialty areas such as wellness coaching, cancer exercise training, nutrition, or active aging.

2. Check their experience and area(s) of expertise to see if they're a good match for you

Having a deep understanding of how the body works is essential to personal training. Thus, it is best if the trainer has an educational background in the health sciences and/or the exercise sciences, hopefully obtaining or at least working toward earning a degree in one of these fields. They may also bring a depth of knowledge from their experience working in the health and fitness industry.

3. Get References

The best and most reliable references will come from people you trust who have fitness needs similar to your own. Don't be impressed by a list of "high profile" clients. Contact the references provided for details about their experience with this trainer.

4. Do a Trial or Introductory Session

During your introductory session, observe and ask questions:

- > **Is the trainer prepared?**
- > **What is their approach?**
- > **Do they communicate clearly and knowledgeably?**
- > **Do they explain the exercises in a way you can understand?**
- > **Are they interested in you as a person as well as a "client?"**

5. A critical piece: safety

Your trainer's #1 objective always should be your safety. **Be certain that your trainer is sensitive to any specific needs you might have.** If you have had previous injuries — even if they healed years ago — let your trainer know. If other conditions might affect your physical performance (health challenges, medications, insomnia, sleep apnea, etc.), be sure and let the trainer know. They should adjust accordingly.