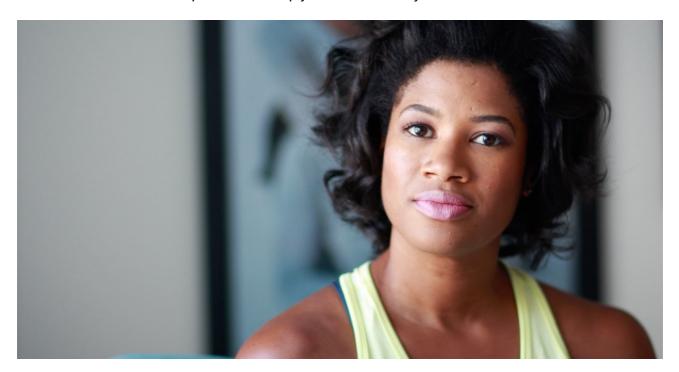
What to Consider When Hiring a Personal Trainer

Want to rev up your workouts or just get more one-on-one fitness coaching? Use these tips and questions to help you narrow down your search.



Get recommendations/referrals. See someone who has made a transformation right before your eyes? Go ahead and ask them how!
Notice if you are being SOLD. Some facilities use high pressure sales tactics because they need to make monthly profitability goals.
What certifications does the trainer hold? ACE and NASM are two of the most common [reputable] certs.
What are their specialities? Examples: injury prevention, rehab, pre/postnatal, weight loss, etc.
How much availability does the trainer have? Do their available hours sync with your schedule? Or will you be making an unrealistic time commitment?
Does the trainer offer a complimentary consultation or evaluation session?
Consider your own preferences: are you more comfortable working with a male or female?
Are session packages offered at a discount?
Does the trainer use an app or website to enhance the training program and drive client accountability?
Any incentives for meeting/surpassing your training goals? Tees, water bottles, free sessions?
Will you be signing a liability waiver? (Would you trust someone in this business who doesn't protect themselves and the client?)
Chemistry: will you be motivated to hang out with this person consistently?