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p.106



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## Training

That  
personal  
touch

### HOW TO FIND A PERSONAL TRAINER

**Y**ou're getting serious about your workouts, and you think you need a trainer. A good one can maximize your results, take the guesswork out of training, protect you from injury and increase your stamina and self-esteem. An unqualified trainer, however, can really set you back. Here are a few tips on finding a good one:

**1) Education.** Make sure the trainer has some kind of degree or certificate from a nationally recognized institution. Also ask about "hands-on" training.

**2) Documentation.** Does the trainer have a business license? Proof of liability insurance? References? How long has he or she been a trainer and worked for a particular gym?

**3) Professionalism.** Is the trainer prompt? Well-groomed? Can he or she teach and communicate well, or are you always wondering what he or she's talking about? Was a fitness test performed? Were you asked about your diet and lifestyle?

**4) Customer Service.** What kind of cancellation policy does the trainer have? If he or she cancels, is the lost session made up? Does the trainer show a sincere interest in your well-being?

**5) Personality/Appearance.** Is your trainer in shape? Beware, some people are genetically blessed; they look fit even though they eat Ding-Dongs and never break a sweat. Is this person fun and motivating to be around?

**6) Price.** Cost of training sessions vary, so use your common sense. An average price is around \$45, but some trainers charge more than \$100. You should get a discount for multiple sessions.

— John Platero