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p.106

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Training

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personal
touch

HOW TO FIND A PERSONAL TRAINER

You'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