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Weekly Fit Tip

Issue Date: Sept. 8, 2009

GET PUMPED ABOUT PERSONAL TRAINING
Five Reasons to Hire a Personal Trainer

When we feel sick, we call the doctor, and when we have a leaky pipe, we call the plumber. So when 30 minutes of cardio training and a stop in the weight room doesn't generate the fitness results we want, why not turn to a professional who can coach us through the rut?

The [American Council on Exercise](#) boasts more than 40,000 certified fitness professionals in the world, making it easier than ever to tap a local trainer to fit your budget. A trainer typically costs between \$40 and \$90 per hour, and less for small group training. If you're struggling with the personal trainer debate, [Life Fitness](#) offers five reasons why now may be the time to invest in some exercise support:

- **Accurate evaluation:** Personal trainers evaluate your fitness goals to design a progressive program that'll get you where you want to go. This starts with a thorough evaluation of your current fitness level that can be duplicated in the months that follow. Your trainer will make sure you know just how much you've improved.
- **Motivation:** Not only do trainers make great exercise buddies, they offer a no-excuses attitude to motivate you to continue working toward your goals. A [study](#) from *Club Solutions* magazine showed that gym members often quit after 45 days, but 60 percent of exercisers working with a personal trainer stuck around longer.
- **Perfect positioning:** Head neutral, back flat, core tight, shoulders retracted - these are some of the instructions your personal trainer is likely to command. Just don't take them lightly. Better body positioning on cardio and strength-training equipment will help you maximize each movement and avoid injury.
- **Education:** A personal trainer knows the *why* behind every squat, curl and crunch you make and how it will get you one step closer to reaching your fitness goals.
- **Follow through:** Your personal trainer is invested in your success, too. When confidence waivers, your trainer will be there to pick you up and keep you going.

Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on Fit Tips and other fitness advice and expertise visit www.lifefitness.com or follow us on Twitter at www.twitter.com/LifeFitness.

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