



Help Is On The Way *By Joe Stein, President*



It's mid-January, and your resolutions pertaining to health and fitness have dissolved like an Alka Seltzer on New Year's Day. Now that the reality of your situation has sunk in, who ya gonna call to help get you into shape? The cavalry is on the way: Enter the Certified Personal Trainer. Once available only to movie stars, professional athletes and models, personal trainers are now available to *you*. The most important prerequisite to working with a trainer is the desire to improve. You bring the desire, and we'll bring:

Expertise

Industry surveys indicate nearly half the population has special medical needs, such as diabetes, low back pain, obesity, high blood pressure, arthritis, bursitis or osteoporosis. A good trainer will work with your doctor, physical therapist, registered dietitian or other health care provider to develop and implement an effective exercise program tailored to your needs. Important programming issues include: how much cardio and at what intensity? What exercises should be done...in what order? How many repetitions? How many sets? When should the weights be increased or decreased? When should a new program be implemented?

Safety

Proper lifting techniques are critical to preventing injuries as well as achieving superior results. A trainer will spot a client during exercise as well as check for proper biomechanics. A thorough health assessment and screening prior to a client's first workout will increase the safety factor by assuring the initial weight settings are within the client's capability. Having a client work within their limitations yet beyond their comfort zone is one of the valuable services a trainer can provide.

Time

Working with a trainer, either one-on-one or in a small group, is hard work. But it's like learning physics from Einstein. It's still hard work, but a great teacher can save time by developing a program custom tailored to leverage your strengths and shore up your weaknesses. Another time saver is exercising with a trainer in your home. Not only is it fun, but the time you used to spend commuting to the gym or waiting to use equipment can now be spent working toward your fitness goals.

Adherence

Knowing you are paying to work with a professional helps insure you'll stay the course. It also means you're responsible to someone other than yourself. At the beginning of an

exercise program when motivation is high, it's natural to feel you can go it alone. But good intentions don't guarantee long-term success. The inevitable plateaus, setbacks and other obstacles that you'll encounter will become detours, not dead ends when working with a pro.

Focus

Once you engage the services of a personal trainer, your view of food and exercise will change forever. You'll learn about portion control, discover the benefits of taking a daily walk, and work hard to drink those eight glasses of water each day. Even after a session ends, residual benefits accrue to clients who open themselves to a healthier lifestyle. A good trainer is like an angel sitting on your shoulder, countering the devilish temptations of poor nutrition and lack of activity.

The old saying "Anything worth doing is worth doing right" is especially true when it comes to fitness. The right trainer can make the difference between a safe landing and the dreaded crash and burn. So when it comes to getting fit, ask for the professional help you know you need. Now, sit up straight, drop that doughnut and exercise your right to shape up.

Joe Stein, B.S., M.B.A., is a certified personal trainer, weight management and lifestyle consultant and owner of Renaissance Fitness & Wellness. Call 732.345.5151 or e-mail Joe@RenaissanceFitness.com with questions or to receive a complimentary fitness consultation and session.