

SHOULD ONE INVEST IN A PERSONAL TRAINER?

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Why Hiring A Personal Trainer Is Worth the Money?

So, you have been wondering if it's worth hiring a personal trainer to get you in shape - do your YouTube videos and Internet findings really suffice?

Working with a trainer can push your fitness level forward much more quickly than working out on your own. Here are a handful of reasons why hiring a skilled personal trainer is a great investment.

Trainers provide accountability and motivation

Do you want to face your trainer and tell him that you didn't work out yesterday? Sure, you can get this accountability from a dedicated friend who works out with you, but this is the trainer's job. He or she has a vested interest in seeing that you complete your workouts.

Also, if you're paying a trainer, do you really want to slack off and feel like you aren't getting the most for your money? Money spent is good motivation to work out.

Trainers provide structure

In the midst of our hectic schedules, we are always finding reasons which hinders us from getting that workout done. Having a personal trainer by our side would mean having to stick by a fixed regime and being able to track our progress along the way.

Good Mix of Workouts

If you're an experienced exerciser, you may not have considered working with a personal trainer. However, it can be a great choice if you need some variety in your workouts.

It's easy to fall into a workout rut, doing the same workouts over and over. Not only is this boring but it can also lead to weight loss plateaus, overuse injuries, and essentially burnout.

Even if you're already workout-savvy, having a pair of fresh eyes may do you some good. Despite how good your workout routine is, there will always be room for improvement. Trainers may see areas of your program that could be adjusted to make your workout more interesting, challenging, or even just more fun. A few minor tweaks may go a long way!

Having an increased exposure as compared to the rest of us, trainers are experienced in many different types of workouts - even the ones you've been wanting to try but afraid to!

Personalization Workouts

Trainers are set to customize a workout based on your individual strengths, weaknesses and goals.

For instance, if your goal was to be able to do more men's push-ups, your trainer will guide you along the different types of push-ups so as to get your body accustomed to it. He may also come up with exercises revolving around strengthening your chest muscles, which is one of the sole muscles needed to do push ups.

Trainers Can Reduce the Possibility of An Injury

An injury can derail a workout program and cause so much discouragement that you could lose momentum and determination to continue. A good trainer will help you to do exercises properly so that you won't injure yourself.

Having witnessed a loved one get personal training, I realised that whenever a body part like her knees began to act up, her trainer had her cut back on running intervals and she rode an exercise bike on some days.

Trainers are more likely to notice something is off. Whether it is any of your muscles causing your frequent back pain, or your pressing knee pain, they would know which target groups to hit in order to ease the pain.

Personal trainers are an underrated type of teachers, whose efforts often go unnoticed.

This Teachers' Day let us give our teachers the recognition they deserve.

