



# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Getting Personal: **Selecting A Personal Trainer**

By Mike Perko, PhD

Depending on your fitness goals, a qualified personal trainer can be a source of motivation and encouragement, a resource for the latest information on health and fitness, and they can provide realistic ways to make the most of your time.

### Locating And Choosing A Personal Trainer

Start by asking friends, colleagues and medical professionals for their recommendations. Trainers can also be found in your local phone directory – look for “Personal Trainers”, “Health Clubs”, and “Exercise and Physical Fitness”.

When you have located a few trainers, take the time to interview them to find one that best fits your needs, goals, and personality. The following checklist can help with the interview:

### Certification And Education

- ✓ Is the personal trainer currently certified by a nationally-recognized organization?
- ✓ What continuing education is required to renew the certification?
- ✓ Does the personal trainer have a degree in a health or fitness-related field?
- ✓ If the trainer recommends a diet program, do they have any nutritional education?
- ✓ How does the trainer keep current on research?
- ✓ Are they CPR certified?
- ✓ Does the trainer have liability insurance?

### Experience And References

- ✓ How long have they been a personal trainer?
- ✓ What types of clients have they worked with?
- ✓ Can they provide a reference list of clients with a similar exercise program?

These are just a few things to consider in your search for a qualified trainer—People use trainers for many different reasons and with different goals. Your trainer should have experience and success in working with others who have goals similar to yours.

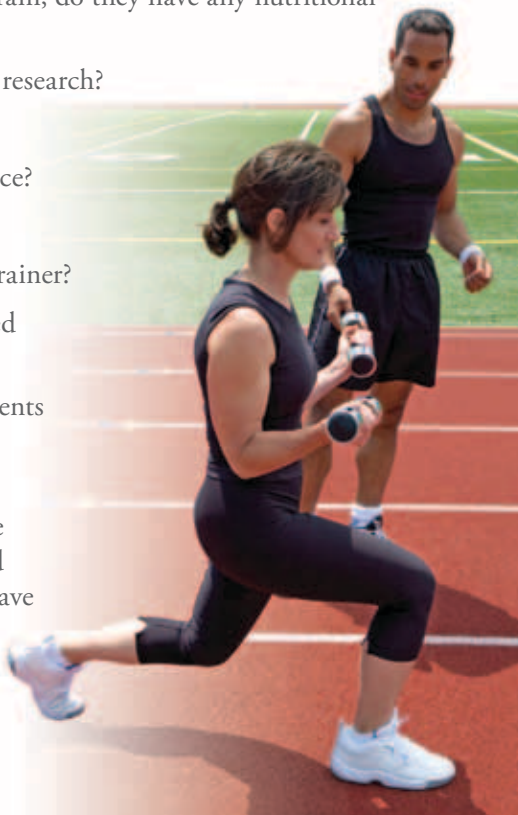
Source: American College of Sports Medicine; National Strength and Conditioning Association

## SportAerobics National Championships

Does your personal trainer have what it takes to be world champion? If so, they can compete in the SportAerobics World Championships held each year. SportAerobics was created as a showcase for athletes of all ages to demonstrate excellence in the fitness components of muscular strength and endurance, cardio vascular fitness, flexibility and artistic performance skills, athletes from all walks of life compete.

SportAerobics is the only athletic sport founded as a fitness activity that today is recognized by the International Olympic Committee and could perhaps one day become an Olympic Sport. SportAerobics is performed as a one-minute and forty-five second choreographed routine, and athletes must demonstrate the components of fitness including cardiovascular endurance, muscular strength and endurance, flexibility, balance, coordination, agility, speed, and power through continuous movement patterns.

Scored much like a gymnastics routine, push-ups, sit-ups, extreme flexibility and balance are all highlighted on a world-wide stage.



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