

Why a Personal Trainer?

A *Personal Trainer* is someone who thoroughly understands and utilizes the criteria specified below in order to assist individuals with achieving their fitness goals.

A *Personal Trainer* should:

- ✓ Possess a specialized education in disciplines related to health and fitness (examples of such disciplines include anatomy, physiology, kinesiology, exercise science, nutrition)
- ✓ Consistently maintain a sincere desire to benefit one's community – a “calling” to commit to the fitness lifestyle and to promote this lifestyle to anyone who comes under the influence of the fitness professional.
- ✓ Adhere to strict code of conduct to ensure the highest degree of competence and ethical behavior.

Process of Personal Training

The primary objective of personal fitness training is to motivate individuals to initiate a fitness program by using the services provided by a personal trainer or by training on their own, leading them to a healthy lifestyle.

Other objectives include, but not limited to:

- ✓ Goals and interests are established, making sure they are realistic.
- ✓ Interview of past medical history, exercise history and dietary history. Use this information to establish patterns of past success and failures in exercise and nutrition.
- ✓ Assess current fitness level in order to design a comprehensive program of exercise and nutrition.

Code of Ethics in Personal Training

1. Always be guided by the best interest of the client.
2. Maintain appropriate professional boundaries.
3. Maintain the education and experience necessary to train clients.
4. Use truth, fairness and integrity to guide all professional decisions and relationships.
5. Show respect for clients and fellow professionals.
6. Uphold a professional image through conduct and appearance. (Source: IDEA)

“People might not get all they work for in this world, but they must certainly work for all they get.”

-Frederick Douglas, Abolitionist and Editor