



## **The Facts About Personal Fitness Training**

### **What is a Fitness Trainer?**

A fitness trainer provides personalized instruction, support, and feedback to help you reach your fitness goals as quickly and safely as possible. Typically, fitness trainers begin by assessing your individual needs and abilities through a preliminary fitness test, then prescribe a results-oriented exercise program. Sessions usually last one hour and can be one-on-one or with a small group.

In each session, the trainer will teach you proper form, technique, and intensity. Trainers work with your needs, goals and time constraints to maximize the gains you make in stamina, strength, speed, and weight loss.

Investing in a trainer can help you:

- look and feel better
- reach a specific goal like losing weight, finishing a race, or improving your personal-best sports record
- become comfortable exercising independently

### **What Should You Ask Before Hiring a Trainer?**

Questions to ask before investing in a personal trainer include:

- As a minimum, is the trainer certified by the American College of Sports Medicine (ACSM)?
- Does the trainer have a post-secondary degree in exercise science, recreation, kinesiology, or another related field?
- Does the trainer have experience with my specific needs (for example, weight loss, exercising during pregnancy, body-building, or exercising as a senior)?
- How will the trainer monitor improvement?

### **What Are the Benefits of Working With Personal Fitness Systems, Inc. and Keith Gosline?**

Keith Gosline, ACSM HFS, LMT, CKTP, owner of Personal Fitness Systems, Inc., has extensive knowledge and training in fitness, physiology, and exercise. He has been an American College of Sports Medicine health and fitness specialist since 1999, a licensed massage therapist since 2002, and a certified kinesio taping practitioner since 2010. To discuss your fitness training needs, call Personal Fitness Systems, Inc. at (651) 487-2198 or (651) 492-3477.