

WORKING OUT WITH A PERSONAL TRAINING

Not For The Rich & Famous Anymore

For many years, personal trainers have been known for shaping the physiques of models, actors and professional athletes, but they are no longer available exclusively to the rich and famous.

Today, personal trainers are available, and affordable, to everyone—at your home, office, and corporate site.

Most clients are everyday people interested in staying in shape, but they do not have the time, motivation or knowledge to keep fit on their own. Trainers at Fitness That Works (FTW) can specialize programs to meet the needs of homemakers, executives, students and older adults and children.

People work out with personal trainers for many reasons but mainly because they get much more return on the time and effort invested. Let's say you have never worked out. A personal trainer can give you the education of proper lifting and exercise guidelines and safety precautions. While regular exercise is not yet a habit, the trainer will be there to keep you motivated through your work-outs.

Maybe you have worked out for a while and are stuck on a plateau or have not seen the desired results. FTW personal trainers can assess and fine tune your "old" routine. A trainer can give you the push you need to reach your full capabilities.

As you can see, with a change of mind set and personal attention from a Fitness That Works trainer your fitness dreams will turn into realistic goals.