

Workout Programs That Get You Fit and Healthy – A Certified Personal Trainer Can Help You Make it Happen

Getting motivated to start a consistent workout program is challenging. Because it is what they do for a living personal trainers help you establish or really build a workout program personalized to fit you, your time schedule to get fit, your weekly schedule, and your fitness goals. They are there to not only establish your workout program, but they are also there to give you the encouragement you need and the motivation you need when you are working out and when you need the support to continue on your path to fitness and good health. One thing to bear in mind is that even though your personal trainer is there for you in every aspect of your fitness goals, from establishing your fitness program to helping you stay motivated to being there to make sure you are doing the exercises correctly, the bottom line is you have to make sure you're there to make it happen as well with your personal trainer. Below are some steps to follow to get the most out of hiring and working with a personal trainer on a regular basis:

- **Ask Questions –** A certified personal trainer is an expert in fitness, nutrition and exercise. You're paying for an expert service so do not be shy about asking questions you may have about your exercise program, your fitness level and your nutritional needs. They are there for you so take advantage of all their knowledge and expertise.
- **Making Sure You Are Making Progress –** Your certified personal trainer will help you establish your very own workout program and nutritional plan. Your trainer may help you keep track of your progress, but it is your responsibility to keep up with the progress you are making with respect to your fitness including your weight, blood pressure, and blood work, if you are getting down to the real brass tacks of your health with a physician. If you see you're not making progress then it is up to you to discuss it with your personal trainer then work with them to make adjustments to your workout program and/or diet to get on track with your goals.
- **Diet – Keeping it In-Line to Meet Your Goals –** The hardest part for a trainer to connect with you on when it comes to your fitness and weight loss goals is your diet. If you don't eat the right way you will not have the energy you need nutritionally to get to our goals. If you don't eat right and consume too many fatty calories you will not reach your weight loss goals. Work with a diet journal to write down what you are consuming daily. Journaling can be as simple as using a small spiral note pad to write down what you are eating on a daily basis. When you meet with your certified personal trainer show them what you've eaten each day since the last time you met. Doing this will help you both connect on your diet and it will help you stay in check on eating the right way.
- **Varying Your Workout Routine –** Maintaining a long-term fitness program is much more likely to be successful if you vary your workout routine. Doing this will prevent you and your personal trainer for that matter keep from getting bored, but it will also challenge your body and help you break through levels you never thought you could get past.
- **Show Up On Time –** Being punctual is critical for success. Being late always adds up and before you know the good things that were happening with your fitness have come to a stand- still which defeats the purpose of having a personal trainer.

By following the steps mention above your chance of being successful with your workout program go up dramatically. It's your life so get cracking.