

Is Personal Training Right for You?

by Blue Chip Fit Staff

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What is the best way to fight age and the extra pounds that come with it? Exercise! Daily exercise thwarts stress, obesity, heart disease, depression and diabetes, just to name a few. The longer you remain active the less you will notice getting older.

Most people want to feel better, look better and have more energy. Some start fitness programs only to have them derailed by a lack of time, injury, or because they just are not fun! Or, maybe going to the gym is not appealing. It is well known that hiring a personal trainer will help you reach your fitness goals with fun, safe, variety-filled personal training. Understanding some of the reasons a personal trainer can help you reach your goals is a good place to start.

Helpful motivation and Variety

Most people benefit from the enthusiasm, guidance and encouragement that a qualified personal trainer may provide. Even seasoned athletes might need a boost in their exercise program or diet. A Blue Chip Fit personal trainer will help break up the monotony of exercise by creating new, fresh workouts and adding variety to your program.

Commitment to your program

Setting aside time in the week to focus on your health and fitness program is the key. Scheduling and keeping an appointment is very helpful since you have set aside the time for your training to happen. Even better, if you have the same days and times set every week, you will be prepared to take the time to focus on yourself and your fitness program. A Blue Chip Fit trainer will encourage this scheduling commitment and work within your time constraints and availability.

Smart training

An educated and professionally trained Blue Chip Fit personal trainer will help with proper form, technique and injury prevention. Also, the trainer will explain the reasons for doing an exercise, demonstrate the exercise, and provide positive supervision and feedback when the movement is performed. A properly designed, fun and continuously adjusted program is

the key to preserving a healthy and long lasting approach to fitness.

Understanding your special needs

Physical limits from injuries, surgeries or health conditions should be understood by your personal trainer. A Blue Chip Fit trainer will not push beyond the proper intensity level, duration or limits in range of motion someone may have. Instead your Blue Chip Fit trainer will find the best intensity level needed to meet your goals and objectives.

Listening

A Blue Chip Fit personal trainer will always listen to what you have to say. In the end, you know yourself and your body best and should feel as though you are being heard. Your trainer should be able to “read between the lines” to hear what you are saying and use that as a guide to adjust the program’s intensity level for you on a given day. Listening requires paying attention and understanding what is both spoken and unspoken.

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Avoid the impediments that stop your fitness program

The key to good fitness is to avoid the impediments that stop or slow down your fitness program. Blue Chip Fit in-home personal training offers added benefits that can make the difference in keeping long-term fitness goals. It may not be a lacking work ethic that impedes our fitness goals, but often a lack of time, uncomfortable gym settings, or a desire for privacy that sidetracks your workout schedule.

We provide all the equipment

A Blue Chip Fit in-home personal trainer will provide all the equipment and knowledge necessary for a safe, intense and interesting work out in the space available at your home or favorite gym. In fact, a small room or backyard is enough, and there is no need to buy expensive exercise equipment. Simple, efficient exercise equipment is all that is needed for a fitness program tailored to your needs.

Save time with in-home training

With today's increasingly hectic schedules and long commutes, many of us feel crunched for time. If you are able to carve out the time to get to a gym for a class or personal workout, great! You are lucky. But if other concerns get in the way of fitness time, a home visit from a Blue Chip Fit personal trainer is a good idea. No more driving to the gym, searching for parking, or waiting in lines for equipment.

Maintain privacy and confidentiality

Often the gym is not a comfortable environment for exercise. All of us like to have privacy to some degree, and it is only natural that our homes are our comforting places. Being comfortable and relaxed can be important to enjoying a workout and increasing its effectiveness. Also you can experiment with new exercises and workouts without worrying about others watching. We are all unique, and it is important to preserve a confidential relationship with your personal trainer. The privacy of your own home can make it easier to preserve this confidentiality.

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Please consult your physician before starting any new exercise program.