



## Personal Training FAQ

### What does a certified personal trainer (CPT) do?

A CPT is someone who has passed a credentialing exam to aid individuals in achieving their fitness goals. Anyone can say they are a personal trainer, but those with credentials from accredited organizations like ACE, NASM, and NSCA have officially passed a comprehensive exam regarding all aspects of fitness and are thus “certified.” A CPT can design comprehensive training programs that help you achieve your goals in a safe and effective fashion.

### Can't I just get all this on the web?

Yes and no. The Internet has an amazing amount of legitimate information and resources, but it also contains a lot of unfounded fitness junk not grounded in research. Also, do you want to use your limited time to spend hours trying to sort through what is fact and fiction? Why not let a CPT guide you, save you time, and get you where you want to go?

Working with a CPT has proven benefits. For example, according to the National Academy of Sports Medicine review of research literature regarding weight loss, clients working with personal trainers lose twice the amount of weight via exercise than those going solo, and they also have increased exercise adherence. Exercise is particularly important for maintaining

muscle mass while losing fat. Caloric deficits without resistance training result in much greater muscle mass loss than when combining resistance training with diet.

### Can't I just do small group training, group fitness, or workout on my own?

Yes, you can do whatever you want! It's what works for you. If you enjoy the exercise, if it keeps you moving, and if it's reasonably safe, then I'm all for it. Anything is (usually) better than nothing. The difference between having a CPT and doing group workouts or something on your own is having a knowledgeable guide to assist you and hold you accountable for your individualized situation. And that, for me, is the key difference: an individual, personalized program and attention versus a workout designed for everyone. I love group workouts myself. Group workouts can be highly motivating, and a CPT can incorporate them into your overall plan. However, they do not substitute for the one-on-one experience.

CPTs do regular assessments to find out how you move and to measure your progress. Programming is designed to address overactive and underactive muscles based on assessments. A good CPT also finds out what you like to do and what works for your lifestyle, including the training equipment you have access to. Past injuries and health conditions are also something CPTs consider. When workouts are designed in a mass fashion, you just can't do the same thing. A CPT can monitor your progress and provide you individualized attention and programming to execute the program in the most effective and safest possible manner.



### **Why should I work with you?**

I did not grow up active and involved in all things fitness. I, in fact, found gyms somewhat intimidating when I started with my first weight loss goal. I learned as I went, and I sought legitimate answers along the way. I encountered helpful, supportive people and scientific information, and I also ran into people whose fitness philosophies and attitudes were less than desirable. After all this, I feel like I can relate to a wide variety of people. I'm a teacher in my other life, and being a teacher is very much like being a coach. You must meet people where they are and understand their situation to facilitate the process. I enjoy sharing information and meeting my clients where they are, in all senses of the phrase. Just like teaching, it's not a one-sided relationship. We learn from each other.

I have a number of fitness certifications and education experiences, but the ones most pertinent to the point at hand are my NASM CPT and Weight Loss Specialist credentials. I really love the NASM Optimum Performance Training (OPT) model, as it provides a framework to progress any client toward their goals. Working with me, you will receive a well-rounded training program designed for your life.

### **What kinds of clients do you work with?**

I am happy working with all types of clients. I love beginners! As a parent, I have a special affinity for hectic moms and dads who need help meeting their fitness goals. Since I hold the NASM Weight Loss Specialist credential, I feel particularly qualified to help with weight loss goals. Using the OPT model, I will work with you to meet your goals: movement health,

muscle gain, fat loss, performance—the list goes on!

### **What services do you offer?**

4-Week Packages.....\$29

An exceptional value! These are pre-customized, meaning they are workouts I have already designed for a specific goal, such as beginning exercise, weight loss, or muscle gain. They include personalized movement assessments to tailor the workout to you. You receive three workouts to progress over the course of four weeks along with video instruction and educational materials related to the package, such as fat loss or muscle gain.

Custom Program Design and Coaching.....\$50

These are 4-week training plans crafted just for you based on your goals, your likes, and your equipment. After conducting appropriate postural, balance, and strength assessments, I create workouts to give you what you want. These are not the exact same workouts I provide to everyone; they are made just for you. Exercise explanation is provided in your training plan and some instructional videos.

Training Sessions.....\$50 or \$65

I can bring the gym to you in Durham, Cary, or Chapel Hill. I have all the equipment you need for a fully rounded training session. Live training sessions ensure you are honing in on correct form and getting the most out of your workouts. And we'll make it as fun as possible. We can train virtually as well. Clients participating in the All-Inclusive Plan that month receive discounted training sessions at \$50 each.



All-Inclusive Plans.....\$125

You receive all the services of program design and coaching and much more. Get live video calls, email/text/phone support during the week, nutrition coaching, educational materials, and more to fully support your goals. Decide you want to change things up or need an additional workout that month? Done! One training session is included as well.

### **Is that really worth money?**

Only you can really answer that question, but I'll give you my response for what it's worth. If you seek out qualified professionals for medical, home, and legal services, why would you not do the same for exercise—one of the best investments you can make for your health? And if you drop money regularly on eating out and other discretionary expenses, why not put a little money toward your movement goals?

My prices vary on the level of support and input required from me. When I design individualized programs in consultation with you, I do so with great care and thought to give you what you want and what your body needs. If you have a special case, I do research to find out more. Apart from my pre-customized 4-week packages, everything is made fresh for you. Even the pre-customized packages have a portion tailored for you!

Some personal trainers may do the same canned workouts over and over for clients, but that is not what you should be paying for in my opinion. I want to provide you the highest level of service and value with truly *personal* training.

Visit [wheretheyouarepersonaltraining.com](http://wheretheyouarepersonaltraining.com) to schedule your free consultation today.

Even if you don't work with me, I can answer your fitness questions and give you some guidance in our consultation.

