



Advocate Good Shepherd Health and Fitness Center Director Jennifer Frey (middle left) and Fitness Center Manager Mark Henrichs (front row, fifth from left) join their team of Personal Trainers.

Do I Need A Personal Trainer?

IS THERE ANYTHING about your health and fitness you would like to change? Most people will answer a resounding “Yes!” to that question! Change can be scary because it requires us to do something different, and that makes us uncomfortable. Even people who exercise on a regular basis can be afraid of changing their routine! Many people go to the gym day after day and use the same equipment or go to the same classes, rather than trying something new.

You might be worried that it will take more time to complete a new routine when your time is already limited, you might be unsure of what changes to make to your current exercise program or you might just be too tired to have to make one more decision. When it comes to health and fitness, there are experts who can lead the way and help you make sustainable, lasting change.

Personal trainers walk alongside their clients and support their efforts to make lifestyle changes, whether that is starting a new habit, trying a new machine, or changing an existing workout routine. They



Group Exercise Coordinator Jen Anderson does a TRX push-up while Personal Trainer Jackie Brown spots her.



are professionals educated in body mechanics, anatomy, exercise science, as well as motivation and encouragement! A good personal trainer will accommodate the needs of his clients and work with them to set and achieve specific goals. Many personal trainers have specialties that allow them to work with populations such as those with chronic conditions, cancer survivors or athletes.

Training might be a good fit for you, or someone you know. Here are some areas that a personal trainer can help.

OVERCOMING INJURY

When recovering from an injury, you are probably worried that you will get reinjured. That fear prevents many people from starting or continuing their exercise habits, but fear doesn't have to control you. It takes time to rebuild your strength, flexibility and balance. A certified personal trainer will ensure your safety as she leads you through progressive exercises that will help you reach your goals. As you execute various exercises, the personal trainer will watch for proper form and suggest adjustments accordingly; this is critical in healing your current injury, as well as preventing

a new injury from happening. For example, you might start with seated exercises until your balance improves and you can do them standing; your personal trainer will be your guide and will modify your workouts as your body continues to progress.


CRUNCHED FOR TIME

If you have a tight schedule, 1:1 training from a certified professional can make a huge difference in your results. When time is limited, you want to make sure your workout is effective and efficient, and you probably don't have the time to research and create a new program for yourself every 4-6 weeks. Your personal trainer will make sure you are constantly challenging your muscles by providing you with new and fun workouts, and you won't have to worry about changing weights or finding the right equipment; your personal trainer will take care of that for you. As a bonus, your trainer will keep you moving for the duration of the workout, so you won't have time to look at the clock!

PREPARING FOR AN EVENT

Whether you want to be red-carpet ready, or you

are training for an athletic competition, your personal trainer will design a program specific to your needs. Athletes may be resistant to trying new exercises because they have found success with their previous training efforts, but they will benefit from the professional coaching and a well-rounded program to help prevent getting sidelined by injury. If your event is more cocktail party than half-marathon, a trainer will design a personalized program for results and to feel confident and strong in that little black dress or tuxedo.

Whether you want to train twice a week to improve your form, or every few months to get a new routine, a certified personal trainer can help you establish new habits and get you the results you desire. 

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