



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **BENEFITS OF PERSONAL TRAINING**

## **Accountability & Motivation**

Almost all of us work better when we have someone working to hold us to our promises and expectations. Having a Personal Trainer focusing on your personal goals, motivating you to exercise and keeping your eyes set on your end results can be the difference between succeeding or falling short.

## **Injury Prevention**

Our Personal Trainers are certified to teach you proper form and technique in all exercises. Consistent, proper form will both prevent injury and maximize effectiveness in your training.

## **Efficiency**

When you exercise with a Personal Trainer you work for every minute of your time together. When you follow their instruction, you will make better use of your time, and ultimately see better, faster results.

## **Quality Results**

When we exercise the same way, everyday, our bodies get used to your efforts and you "plateau." A Personal Trainer will expose you to a variety of exercise modalities that will keep your body guessing and allow you to burst through your plateaus.

