

The Value of Personal Training
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The field of personal training has drastically changed over the past few decades. Gone are the days when a personal trainer was simply the fittest person who shared their exercise secrets. Today's personal trainer is a dynamic health professional who masters anatomy, human movement, exercise psychology, and nutrition to create results-based programs. Certified trainers are skilled professionals who help a variety of people change their lives by improving body composition, strength, endurance, flexibility, balance, posture, and diet.

The benefits of personal training have been demonstrated over the years in numerous studies. One research study compared the results of exercisers who were supervised by a certified trainer to the results of unsupervised exercisers. The participants working with a personal trainer were continuously given advice on proper training intensity. Performing the same workout program, participants in the unsupervised group increased the intensity when self-motivated. At the end of 12 weeks, participants in both groups achieved strength gains, but the supervised group also significantly decreased body fat and increased muscle mass. Researchers attributed the added success of the supervised group to the extra motivation and guidance provided by the personal trainer.

The lifestyle of many Americans has changed to be one that promotes inactivity, which can lead to obesity and other medical problems. Because of this, the benefit of working with a fitness professional to develop and maintain a safe, effective workout program is greater than ever. Personal training is no longer a luxury for celebrities. It is a resource to assist any individual in improving their level of health and fitness.