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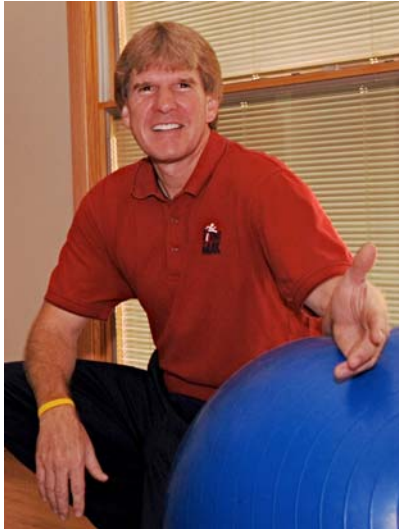
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FITNESS BY MARK

HOW TO CHOOSE A PERSONAL TRAINER – AND NOT FEEL GUILTY ABOUT THE INVESTMENT IN YOUR HEALTH!

By Mark Trimble, MA, Certified Personal Trainer, NASM



Hello, I am Mark Trimble, founder of Fitness by Mark™. Working with a personal trainer feels like a luxury to some people, or they misunderstand the benefits and the important role a personal trainer can play in their life. Choosing a personal trainer is an important decision, so I hope this information will help you make your decision to work with me and help improve your energy levels and meet your personal health and fitness goals.

Selecting a personal trainer is an important decision. You are choosing a person who will work closely and confidently with you to help you define and meet your goals.

MYTHS and FACTS

Myth: Personal trainers are for the "rich"

Myth: Personal trainers are for "jocks" or elite athletes and that's not me!

Myth: Personal trainers only focus on workouts aimed at bodybuilding or massive muscle increases with their clients

A personal trainer is a professional who will assess your fitness needs and goals and develop a plan to safely reach those goals. When we get sick, we hire health care professionals. When our cars break down, we hire professional auto mechanics. Why do we think we don't need a professional when it comes to exercising our bodies, selecting expensive equipment, and a training program specific, safe and appropriate to our needs and goals. You need a professional for this as well.

Your chances of learning to exercise properly, lose weight or reduce health risks such as Diabetes or Hypertension, or to recover from injuries or stick with a fitness routine are greatly improved when you work with a trusted professional who can help you maximize your time and learn for a lifetime of fitness and health.

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Working with a personal trainer is expensive and means that I am self-centered.

This is a myth - Being fit, having energy, physically being at your best for your family and friends, eliminating health risk factors and doing all you can to remain independent for as long as possible are powerful arguments against the price and self-centered statements.



If you feel better, look better, and improve how you feel about yourself, then you change how you impact and interact with those closest to you (family, friends, co-workers). Being at your best for yourself allows you to be at your best for those closest to you.

Working with a personal trainer must mean I lack the ability to do fitness on my own.

This is a myth - When we get sick we go to a health care provider; we go to accountants to help with our financial affairs. If our car breaks down, we go to an auto mechanic. Fitness training is very specific to each person based on needs and goals. A trainer will assess and develop the best program to reach your needs and goals as quick and safely as possible.

Want to learn more? Curious if you can get out of a rut with your fitness routine? Call or email for a no-obligation consultation. Thank you for taking the time to read this information – I hope it was useful!

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