

# WHY YOU SHOULD HIRE A PERSONAL TRAINER

It's as simple as, "How well do you want to perform?" At any age, at any fitness level, a personal trainer is the right choice for you. Sure, a trainer can assess your health and fitness levels, suggest a safe and appropriate exercise plan, and help you achieve your fitness goals. But a good trainer provides much more than that. Here's what our members have to say about their trainers...

## **Al and Jullie Buckingham (Trainer: Dirk Huebner)**

When you're water skiing at 34 MPH, it can be pretty stressful on your body, especially when it's part of your daily morning routine from April to September. Al and Jullie Buckingham have been water skiing and wakeboarding together for the past 15 years.

"I've been water skiing for 30 years and what I found was as I got older, it would take me 3-4 months to get back to my form where I'd ended the prior year," says Al. "After working out with Dirk, I noticed my endurance really picked up. By the end of the summer I was able to go twice as long as I've ever been able to go before. Typically we do two runs every morning. Prior to my personal training, my second run was about half as long as my first run, and what I found this past summer was that my second run was just as long as my first run."

Jullie adds, "I found out right away that I was able to ski so much better because I had more strength. I think Dirk allowed us to focus on areas that helped us to ski that I would have never thought of - shoulder strength, arm strength, core conditioning. It helped with balance and doing turns with much more precision, and made skiing that much more fun. And I could also run much more easily, ski much better, cycle longer, just enjoy lots of physical activity more."

## **Trina Horner (Trainer: Gerry Bernabe)**

"In my 20s, I was very fit, the head of the aerobics class," says Trina Horner. "But as I got older, I lost the focus on myself. It started with the typical excuses of I have work and kids, but once you hit your 40s, your metabolism slows down. I felt sluggish all



Al and Jullie Buckingham



Trina Horner

the time. I was in pain due to a back injury from a previous car accident. I knew I had to change my lifestyle. At first, I'd come to the club and just get a massage, thinking I'd get limbered up to go work out. But I never did make it to the workout. I finally got serious and decided I needed a trainer. I walked up to the fitness desk one night after work and suddenly felt intimidated by the room, like a deer caught in the headlights. Gerry was standing on the other side of the fitness desk and that's how it started.

"At first, I couldn't do more than 10 minutes on the elliptical at level one. Being the goal-oriented person that I am, I told him, 'I want to be at 10 by the end of the week.' He was really gracious about helping me understand that by the end of the week, I wasn't going to be at level 10 after not exercising for 15 years, that I definitely needed to work up to it.

"One of the things that Gerry helped me with is to stick to the process. Sometimes, I'll have a hard day, and he's great about putting it into perspective. He'll remind me, 'Where did you come from and what were you doing three months ago?' Then I realize that I was 10 pounds heavier and only sleeping 3-4 hours a night. He brings me back and keeps me motivated. He's good at reminding me not to be too hard on myself, but he also does push. He says, 'OK, you did your 20. Now, we're going to do another set of 20,' and you think, 'I'm going to die.' But those are the workouts which are the best because you know you've pushed yourself to the next level, and he knows how much you can do.

"I think I've lost 17 pounds, I've dropped two dress sizes, and I feel toned all over. I get feedback almost every day from people saying, 'You look great.' But I never set that as a goal. My goal was not that I'm not going to focus on the weight loss; I'm going to focus on the fact that I just want to feel better."



Maureen O'Hara



Raquel Garcia

### Maureen O'Hara (Trainer: Aaron Dixon)

"Aaron's been a wonderful trainer for me; I really appreciate him, admire him, and thank him," says Maureen O'Hara. After unsuccessfully trying to take weight off on her own, O'Hara signed up for the Jump Start Program. Knowing she was scheduled for ankle surgery the following spring, she wanted to be in the best possible shape.

"I was afraid that if I couldn't walk for eight weeks, I'd put on more weight, and I realized I couldn't do it alone," says O'Hara. "What I hadn't anticipated was that getting into shape prior to surgery did so much more. I was in such good shape at the time of the surgery that, even though I had more weight to lose, I had almost totally reduced any health risk from surgery. What that did was to dramatically facilitate my recovery. And when I was able to walk again, I had lost the least amount of muscle mass of any patient that my doctor had ever seen; it was less than 10 percent."

### Raquel Garcia (Trainer: Carl Swedberg)

In 2003, Raquel Garcia took on the challenge to climb Mt. Rainier and knew she needed to train for the event, especially since she had a weak back. "Climbing these mountains is no joke; my life depends on it," says Garcia. "So as much as I do it for enjoyment, I want to make sure that I do it safely as well, and being in shape is how you minimize some of that risk. Carl knew exactly what I needed to do to get in shape, both from knowing about the sport and having the background as a trainer. It was quite an achievement when we stood at the top. I went from having a lot of back problems to being able to carry 35-40 pounds up Rainier. That goal in itself was huge for me. Climbing Rainier was one thing, but I felt I'd overcome some of the limitations and setbacks that I had."

"It doesn't feel as if he's my personal trainer anymore. Somewhere along the line Carl's become my friend. Even when I wasn't training with him and needed to get reinvigorated, I'd reconnect with Carl and he always inspired me to get back in shape. Carl helps you build this community of other people and resources to keep you motivated. He wants you to surround yourself with likeminded people who have fitness goals because he knows that will only help you achieve your goals even better. Carl really gives his heart and soul to his clients. That's one of the reasons that I enjoy working with him. He feels just as much success in your goals as you do."

"Some people feel a personal trainer is a lot of money, but I always say my health is the most important thing. If I have no problem spending \$50 on drinks on a Saturday night, then why can't I spend \$50 improving my health? And you start to make different choices as a result, especially when you do pay money. You want to get your money's worth. It makes you think about your priorities and what you care about. It shifts your life."

Garcia is currently training to climb Mexico's volcanoes, Ixca (17,338 ft) and Orizaba (18,880 ft) in February.

## WHAT CAN A PERSONAL TRAINER DO FOR ME?

- ★ Add variety or redesign your workout
- ★ Help you set realistic and attainable goals
- ★ Motivate you to work harder and more consistently
- ★ Make the best use of your workout time
- ★ Teach you how to train safely and correctly
- ★ Help you train for a specific sport

## HOW TO SELECT A PERSONAL TRAINER

Trainer biographies are listed on our website and are also available at the Front Desk. A certified trainer understands principles of anatomy, physiology, nutrition, and exercise. PRO Sports Club prides itself on having the best trainers in the fitness industry. Our personal trainers are nationally certified by the **American College of Sports Medicine (ACSM)**, **National Strength and Conditioning Association (NSCA)**, or **American Council on Exercise (ACE)**, as well as by **PRO's 20/20 Lifestyles** program. Most trainers have an advanced degree and many years experience in the fitness field.

## HERE ARE SOME TIPS ON DECIDING WHICH TRAINER MAY BE RIGHT FOR YOU.

- ★ Does the trainer have experience in an area you have an interest in (for example, if you want to compete in a triathlon or improve your golf game, has the trainer had experience in those areas)?
- ★ Is the trainer's schedule compatible with yours?
- ★ Is this trainer's style a good fit for your personality? You're going to be spending a lot of time pushing your limits.
- ★ Ask other members for recommendations.