

What to look for in a Trainer

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#Degree in a health or fitness related field; examples:

- Kinesiology
- Exercise Science
- Health Education
- Sport Management

#Nationally Recognized Certification; some include:

- The Cooper Institute of Dallas <<http://www.cooperinst.org>>
- American Council on Exercise (ACE) <<http://www.acefitness.org>>
- American College of Sports Medicine (ACSM) <<http://www.acsm.org>>
- Aerobic and Fitness Association of America (AFAA) <<http://www.afa.com>>
- National Strength and Conditioning Association (NSCA) <<http://www.nsc.com>>

#Here are some other helpful characteristics:

- Fun and Creative
- Healthy and Active
- Positive and Realistic
- Encouraging and Motivating
- Knowledgeable and Experienced

And last, one of the most important qualities to look for in a trainer; are they continuing their own education and expanding their own knowledge to better serve you!