

Longwick-based personal fitness trainer, **Hilary Westall**, explores the benefits of one-to-one training.



**H**iring a personal trainer may seem like an expensive luxury, but if your New Year resolution to get back down the gym has gone awry along with the diet you promised yourself you'd stick to, you may need to re-think your priorities – and your fitness. The advantages are numerous and the cost can be very good value, whatever your age, status or fitness level; after all, what price do you put on your health?

#### Personalised programme

Many of us embark on an exercise regime with no real idea of what we are doing or where we are going; a personal trainer will help you create some simple goals, whether that's getting fit for a 5k race in six months' time, or getting shapely shoulders and a flat tummy. Your programme will reflect these goals, ensuring you are pushed sufficiently to see real results. In addition, your progress is continuously monitored and adaptations made so that your fitness continues to improve.

#### Motivation

It's easy to talk yourself out of exercising when you feel tired or there's something good on TV. However, paying a trainer to turn up for you once or twice a week means you won't talk yourself out of a training session so you're far more likely to stay the course and reap the benefits.

#### Variety

Performing the same exercises in the same way, every week, is boring! At each session, your trainer will focus on different areas, keeping things varied enough to keep you on your toes.

# Let's get personal

#### Focus on technique

Your technique – from how you move your feet when walking, to how you perform a bicep curl – will be closely monitored and fine-tuned to minimise the risk of injury whilst maximising training benefits. Many of us perform regular supposedly simple exercises in an incorrect or even dangerous fashion, which, over time, will not produce the desired results and can even be harmful.

#### Weight management

Many personal trainers hold a nutritional qualification and can advise you on any dietary or weight management requirements you have to complement your exercise regime, or as a standalone service.

#### Choose your venue

With personal training, you don't even need to set foot inside a gym. Most trainers will come to your home, bringing any necessary equipment with them. And training outdoors is a great way to get some fresh air whilst

keeping fit, whether that's running, walking, cycling, or working out in the garden or local park.

#### What about the cost?

Costing on average between £25 and £50 per hour, personal training may seem like an expensive option. However, if you compare it to a monthly gym membership plus joining fee that isn't used regularly, it can also be worth every penny. And you can always cut the cost and train with a friend or partner so long as your training requirements are similar.

#### Finding a trainer

Currently, anyone in the UK can call themselves a personal trainer, so find out what qualifications and experience a potential trainer has first. The Register of Exercise Professionals ([www.exerciseregister.org](http://www.exerciseregister.org)) has a list of fitness instructors graded according to qualifications. You need to be a grade 3 to be a personal trainer.

You can contact Hilary on **07812 097562**, email: [hilarywestall@googlemail.com](mailto:hilarywestall@googlemail.com) Or you can visit her website at: [www.hilarypersonaltrainer.co.uk](http://www.hilarypersonaltrainer.co.uk)



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