Selecting & Effectively Using A Personal Trainer

Benefits of A Personal Trainer

There are three principal components to a rounded program of physical activity; aerobic exercise, strength training exercise, and flexibility training. A qualified & properly trained personal trainer can help you safely start & maintain an effective exercise program. A personal trainer will understand your "fitness goals" and help you achieve them. A personal trainer can be a great source of motivation and encouragement, as well as a resource for the latest objective health and fitness information. He or she can also help you fit your exercise program into your busy schedule and teach you how to make the most out of your time in the gym; commitment to a regular physical activity program is more important than the intensity of the workouts.

Hiring a personal trainer is an investment in your health, fitness, and your quality of life, as well as an investment of time and money. Your exercise program should be a part of your lifestyle, and the trainer you choose can play a major role in the success of your program. Selecting a professional and qualified personal trainer is a sound investment to your health.

The American College of Sports Medicine, Personal Trainer Brochure, 2003

MEDINA COMMUNITY RECREATION CENTER

MCRC

Medina Community Recreation Center

855 Weymouth Road

Medina, Ohio 44256

(330) 721-6900

If you are a certified Personal Trainer and wish to provide patrons with your professional assistance, please feel out a "Personal Trainer Application Packet". This packet is available from a staff member at the front desk. Should you have any questions about the MCRC Personal Trainer Program, please contact the Program Manager at 330-721-6937.

PERSONAL TRAINER PROFILE SHEET

The MCRC Personal Training Program has been designed to provide patrons with professional assistance in developing and maintaining an effective fitness program customized to meet your individual needs. All MCRC Personal Trainers have been contracted based on their extensive qualifications and certifications. Programs, fees, and appointment times are arranged between the individual and the selected MCRC Personal Trainer.

The following trainers have been contracted with the MCRC and are anxiously waiting for the opportunity to work with you.

MEDINA COMMUNITY RECREATION CENTER

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Debrae Barensfeld

To schedule an appointment with Debrae, please call 330-620-3333

Debrae is a NFPT (National Federation of Professional Trainers) certified personal trainer. She has trained and exercised for more years than she is willing to admit. Debrae believes resistance training to be a fountain of youth. She says the benefits to training hard are endless for all ages. Whether you want to change your body, get stronger, lose weight, get tone or just feel better and more confident, Debrae wants to help you reach your goals.

Tom Cahalan
Let's Get Fit, Inc.

To schedule an appointment with Tom, please call 330-416-6363 or LetsGetFitInc@aol.com

Tom is a NFPT certified trainer. With his BS in Biology and MBA in business from Purdue, he has been a Medina business owner for 16 years. As the name of his fitness company suggests, he knows that "getting" and "staying fit" is much more attainable with motivation and encouragement from others. He especially thinks this is true within his concentration groups: seniors and youth. No matter what your age or ability, Tom looks forward to helping you reach your goals.

Joan Dutko

To schedule an appointment with Joan, please call 330-635-3198

Joan is an A.C.E. certified trainer working with men & women of all ages. From youth to seniors, she specializes in helping clients increase their muscular strength and cardiovascular endurance, increase metabolism, and improve overall fitness & health. Joan offers a variety of optional fitness testing to establish a client's baseline physical fitness upon which later comparisons can be made. Joan is looking forward to helping clients achieve their goals!

Are you having a hard time getting motivated? Do you feel like you're not getting enough out of your exercise routine? Consider hiring a personal trainer!
A Personal Trainer can help you come up with the right work out plan to meet your goals.
Whether it's losing a few pounds, toning up your arms, or
flattening your stomach, a personal trainer can help you get there.

10 REASONS TO HIRE A PERSONAL TRAINER

There are a number of reasons people work with personal trainers. Some want an individualized program so they can lose weight or get in shape while others simply need to be held accountable for their workouts. Wherever you are in your exercise journey, a personal trainer may be just what you need to take it to the next level. If one or more of these reasons pertain to you, you may want to consider investing in your overall heath and well being with a personal trainer.

1. **You Are Not Seeing Results**
2. **You Don't Know Where to Start**
3. **You're Bored with the Same Old Workouts**
4. **You Need to Be Challenged**
5. **You Want to Learn How to Exercise**
6. **You Need Accountability and Motivation**
7. **You Have a Specific Illness or Injury**
8. **You are Training for a Sport or Event**
9. **You Want Workout Supervision & Support**
10. **You Want the Flexibility of Home Workouts**

http://exercise.about.com/od/personaltraining/tp/personaltrainer.htm

The Medina Rec is looking for Qualified & Motivated Personal Trainers

The MCRC is looking for certified trainers who will help our members achieve their potential by providing customized fitness programs.
Please visit our website at www.medinarec.org and download the Personal Trainer Application Packet or contact Nita Justice at njustice@medinaoh.org or 330.721.6937