

## A Customized Fitness Program for Clients with Special Needs or Special Circumstances

Persons with special circumstances such as Parkinson's disease, Multiple Sclerosis, or an injury need special attention and a customized fitness exercise program that fits their particular special needs. A customized fitness program takes into account the persons special needs including guiding them, adjust for and correcting for their specific musculature, and making sure it fits the persons optimum levels of current and future fitness goals.

Exercise for each and every one of us is very important factor when it comes to our health. We all need to eat right, and not eat too much, plus we need to keep active and exercise. Bearing this in mind, a person with a special need including chronic illness, or injury, a customized on-going exercise program takes on a special meaning. By participating in an on-going customized workout program these special people will benefit tremendously because they'll feel stronger, have better posture, and they'll build and maintain confidence with respect to general daily movement.

Prior to hiring someone to develop a customized fitness program you have to do your research and find a certified personal trainer who is qualified to work with a person with special needs including working with someone with an on-going permanent illness or an injury. Since you are going to be spending a scheduled number of hours with this trainer it is very important that you find a qualified trainer that is also good at what they do and that is also nice to work with. Your trainer needs to be made aware immediately exactly what special medical condition you have and they need to know if you have special care that needs to be given while working with you. The special care mentioned includes physical issues, monitoring of blood sugar, or strength issues where it applies to your chronic illness. Take a look below at a list of things that need to be taken into consideration when it comes to designing a customized fitness program:

- Developing a Target and Staying on Target - Work with your personal trainer to set goals for you customized fitness program. Go over your goals with your trainer on a monthly basis and assess your progress. Adjust your program with you trainer where it needs to be adjusted.
- Failure is Not an Option – You are going to fall and have set backs. When you have set backs, not if, start up again and keep doing what you were doing in your customized program. Results will come because you stick with it, not because you had one or two bad days.
- Keep Your Chin Up – Miracles when it comes to you fitness will not occur because you were negative. You have to stay positive and know by keeping your chin up you will see the benefits of your exercise eventually.
- Get Your Doctors Approval – As with any exercise program get your doctors approval before hand
- Find a Trainer – Do your homework here and it will pay off. The trainer you pick certainly needs to be a certified personal trainer, but they also need to get along with you. Their way of training, the personality, and their disposition needs to be factored in by you when you make a choice as to whom you hire. If they are not doing it for you because their negative or nasty let them go and hire someone else. Give it time though because being patient can pay off down the road.

A customized fitness program can help you lead a better quality life.