

Choosing a Personal Trainer in Albuquerque – What’s it all About? – Getting Healthy of Course~!

The Fitness field is easily one of the fastest growing industries in the United States. Because of this growth in every city, including the city of Albuquerque, there are literally hundreds of Personal Trainers to choose from which can be seen on internet, in local magazines, and in the newspaper. Additionally there are several new popular training methods that have popped up in the last few years including Zumba (trade marked), Nia (trade marked), and Pilates. The question is how do you work your way through all the options for working out on including the workout dance program du jour and end up making the right decision for your goals and your health? The three main things for you to consider in helping you make the best decision are as follows, (bear in mind this is not a fail-safe list – Do your research beforehand then make your decision. Take your time. It will pay off down the road.)

- Personality – If a certified personal trainer you find has a truck load of qualifications and tons of work experience it will seem like a no brainer to hire them. But, when you hear them talk if it sounds like nails on a chalkboard it’s just not going to work for either of you. Trainers, if they are worth their salt, will be more than glad to meet with you ahead of time to chat to see if working together is a good fit.
- Qualifications and Certifications – College degree(s) and Personal Trainer Certification(s) are an excellent indicator that the potential personal trainer service provider is coming to the table as your personal trainer with some solid credentials. Check out their credentials and make sure they are with reputable organizations and/or colleges.
- Experience – Find out how long the person has been a certified personal trainer and ask for references that you can call. Read their testimonials on their website, Google Places reviews, and if they have any reviews there on Yelp.

Of course a good old fashioned referral works as well, but if no one you know is working with a personal trainer then doing your homework is the next best thing. Check out their qualifications, work experience including reviews on-line, plus make sure you two fit personality wise because you need to get along well if they are going to be your personal trainer working together on a regular weekly basis.