What to Consider When Hiring a Personal Trainer

Want to rev up your workouts or just get more one-on-one fitness coaching? Use these tips and questions to help you narrow down your search.



- [ ] Get recommendations/referrals. See someone who has made a transformation right before your eyes? Go ahead and ask them how!
- [ ] Notice if you are being SOLD. Some facilities use high pressure sales tactics because they need to make monthly profitability goals.
- [ ] What certifications does the trainer hold? ACE and NASM are two of the most common [reputable] certs.
- [ ] What are their specialities? Examples: injury prevention, rehab, pre/postnatal, weight loss, etc.
- [ ] How much availability does the trainer have? Do their available hours sync with your schedule? Or will you be making an unrealistic time commitment?
- [ ] Does the trainer offer a complimentary consultation or evaluation session?
- [ ] Consider your own preferences: are you more comfortable working with a male or female?
- [ ] Are session packages offered at a discount?
- [ ] Does the trainer use an app or website to enhance the training program and drive client accountability?
- [ ] Any incentives for meeting/surpassing your training goals? Tees, water bottles, free sessions?
- [ ] Will you be signing a liability waiver? (Would you trust someone in this business who doesn't protect themselves and the client?)
- [ ] Chemistry: will you be motivated to hang out with this person consistently?