

10 absolutely fabulous reasons to have a personal trainer

1 motivation	Most of us spend half our time procrastinating about exercise or which exercises to do, so the beauty of having a personal trainer is that we turn up and tell you what to do and how many of them! You don't have to think, we do that for you! We encourage you to work that little bit harder which you wouldn't necessarily do by yourself.
2 monitor	We help you to develop a lifestyle that embraces health and well being, and are there to support you along the way.
3 it's all about you!	We look at you as an individual and help you with your goals and aspirations. We work with you closely to create programmes that fit in with your lifestyle and take into account any health conditions, or injuries that you may have.
4 fitter faster	We keep you focussed on your goals, review your results and stop you wasting your time on inefficient exercise
5 the feel good factor	Endorphins (happy chemicals) are released during workouts and can make exercise a pleasurable experience. The after effects can make you feel de-stressed, vitalised and energised!
6 exercise safely	We keep an eye on your posture and technique to help you get the most out of your workout.
7 on every level	We help you work at a pace that's good for you. Whether you're a complete novice or a more experienced exerciser - we'll jump start your motivation, build your confidence and get you out of the ruts and away from those bad habits.
8 when and where you want	Your time in a space that suits you. You can work out at home, in the gym, the pool, park or even your office.
9 personal challenges	If you want to lose weight we can keep you on track and motivated, as well as offering dietary and nutritional advice.
10 investing in yourself	Personal trainers cost money – your hard earned cash! Paying for someone to focus solely on you will have a profound effect on the value of what you are trying to achieve.