

# Tips for Hiring a Personal Trainer

Your health and well-being are important to us. When hiring a Personal Trainer, please consider the following important questions:

- **Is the individual certified?** A qualified personal trainer will have a post-secondary education in exercise sciences and program design. Certifications to look for include:
  - Canadian Society for Exercise Physiologists (CPT or CEP)
  - National Strength and Conditioning Association (CSCS)
  - American College of Sports Medicine (Exercise Specialist).*You may wish to request proof of their certification and/or degree.*
- Does the trainer have current certification in First Aid and CPR?
- What do they do for continuing education?
- Do they require you to fill out a medical history check to allow design of a program specific to your needs?
- Do they have liability insurance?
- What are their fees? Do they offer packages? Does the fee include any type of assessment?
- Do they keep a record of your workouts and track your progress?
- Do they have current information on the latest trends and safety issues?
- Do they have access to resources like dietitians, physiotherapists & physicians to provide a well-rounded approach to a healthy lifestyle?
- What is their cancellation/late policy?
- Is the trainer personable and do they have a philosophy on fitness that aligns with your views?
- Will they provide you with references that you can call?

If we can assist you in any other way, please contact our Adult Program Coordinator at your preferred branch.

Many independent personal trainers provide services to members and clients at our facilities. The YMCA-YWCA of Winnipeg does not endorse any one trainer over another, does not warrant the qualification or abilities of these trainers, and is not responsible for any harm or injury associated with working with these trainers. It is up to members and clients to ensure the personal trainer they choose to work with is qualified and able to meet their individual needs.

