



Research Confirms Using a Personal Trainer is Most Effective

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FROM: The New Zealand Register of Exercise Professionals (REPs)

The worst kept secret is out-

Working with a personal trainer will make you fitter, stronger and increase your lean body mass more effectively than working out in an exercise facility or club on your own.

We all know someone who has worked with a personal trainer and achieved results far greater than expected, and wondered how much the trainer contributed to the success. We also know that there is a wealth of exercise information available online, in magazines and from other exercisers that is a cheaper way to get exercise advice. After all, even some famous internationally recognised fitness professionals have their information online ready for us to watch and learn.

Anyone who has worked with an exercise professional understands that a personal trainer offers much more than just exercise advice and company during a workout. An experienced, educated and encouraging trainer will offer lifestyle coaching, time management and support on staying motivated. A registered personal trainer will also be able to tailor each exercise session to your individual needs, fitness & exercise levels, and health and injury history. Your workouts will be safe and effective.

But it is results that we most often use to measure success. How much weight did I lose? How much stronger am I? Until now there has been a lack of reliable studies done to actually measure the effectiveness of training at an exercise facility or club alone, versus working with a personal trainer, so it has been difficult to measure just how valuable the investment is.

But now it's been proven. In an about to be released journal article outlining research into the effects of exercising with a personal trainer vs working out in a club without one has confirmed what we already suspected, that working with a personal trainer is more beneficial than working out alone.

The research paper is titled '*Effect of Supervised, Periodized Exercise Training versus Self-Directed Training on Lean Body Mass (LBM) and other Fitness Variables in Health Club Members*'.

The researchers set out to 'confirm whether fitness club members who exercise with a PT in the fitness club setting obtain superior results compared with self-directed training'. The randomized study of men, aged 30-44 years, who were members of a single Southern California fitness club was carried out recently.

The researchers concluded that "We have demonstrated for the first time in a fitness club setting that members whose training is directed by well-qualified personal trainers administering evidence-based training regimens achieve significantly greater improvements in LBM and other dimensions of fitness than members who direct their own training."

So before you think about passing on the personal trainer in favour of an exercise programme downloaded from you-tube or going it alone, have a think about what benefits you are hoping to achieve from exercising. If you want to get the best results you can then the evidence is clear - Work with a personal trainer.

Choosing the right personal trainer is easy - just ask if they are registered with the New Zealand Register of Exercise Professionals REPs, as REPs is the independent verification that the exercise professional is suitable to give exercise advice. Search online at www.reps.org.nz or call 0800 55 44 99 for help.

The complete paper is yet to be released but you can read the full abstract here:

http://journals.lww.com/nsca-jscr/Abstract/publishahead/Effect_of_Supervised,_Periodized_Exercise_Training.97566.aspx

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Who is the NZ Register of Exercise Professionals (REPs)?

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice.

Using REPs Registered Exercise Professionals is the "Warrant of Fitness Check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 70,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org.

