

The Benefits of Personal Fitness Training

Surprisingly, very few studies have evaluated whether or not hiring a personal trainer actually produces results. Is it worth the time and money to find and use the services of a qualified personal trainer? Researchers Storer et al. (3) asked exactly that in a recent quantitative study comparing exercise with a personal trainer versus training alone. Thirty-four men (aged 30 to 44 years) were randomized into two groups in a health club setting: 17 men worked with a personal trainer in a nonlinear periodized program, and 17 men exercised alone. All men were experienced exercisers. Both groups trained for a total of 12 weeks, 3 times per week. Lean body mass, 1RM (chest press and leg press muscle strength), vertical jump (leg power), and VO₂max (aerobic capacity) were evaluated in both pretest and posttest. As you might expect, the men who received personal training all had significantly greater improvements in all fitness parameters than the men who directed their own training. For example, the personal training group averaged an increase of 1.3 kg of muscle mass during the 12 weeks, whereas the men without trainers had an average increase of 0 kg of lean body mass, a significant difference. The VO₂max was increased by 7% in the personal training group but only by 0.8% in the non-personal training group. The men with personal trainers also exercised longer and more frequently (with an average of an additional 1.8 days per week of training) than the self-directed men, even though the self-directed group also increased their training frequency by an average of an additional 1.3 days.

In short, it seems that the time spent with a knowledgeable and effective trainer was much more productive than the time spent exercising alone. With all of the advanced in technology there are options available for any person no matter their schedules and budget. Please contact us with any questions.

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4. Wells C, Kolt GS, Marshall R Hill B, Bialocerkowski A. Effectiveness of Pilates exercise in treating people with chronic low back pain: A systematic review of systematic reviews. *BMC Med Res Methodol.* 2013;13:7.
5. **Mary M. Yoke, M.A., M.M.,** is pursuing her doctorate in health behavior at the Indiana University School of Pub & Health, where she was previously a full-time faculty, & member in the Department of Kinesiology.

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