

Does Personal Training Really Work?

As anyone would expect me to say, yes personal training really does work. But why do I say that? Is it because that's how I make a living? In short NO.

If we take it back a step or two the first question that needs to be asked is why did I decide to become a personal trainer? The first reason I decided to become a personal trainer is due to the fact I have exercised all of my life. From exercising all of my life I understood how fantastic exercise makes you feel and how low and depressed you feel when you don't exercise. The real problem that we currently have and that will be even more of a problem in the future is that if you have never exercised when you first start it feels hard and when I say hard I mean hard, this hard feeling is expected to last for anything up to two months in an untrained person or maybe longer. Now imagine exercise feeling a real effort and not giving you any satisfaction at all, I cant but for those who have never exercised regularly it does, its hell!. If you are one of those people you imagine what it feels like to want to exercise and to have those endorphins rushing through your body after a good session, to you it must sound like lunacy so how and why do people become addicted to exercise? Quite simply for the fact of how good and liberated you feel. If you have never exercised you will never understand how low you actually feel at the minute until you feel the high, once you feel the high you never want to go back. Everybody is capable of feeling the high the only problem is breaking that initial barrier the hell barrier.

Lets welcome PERSONAL TRAINING, I have something so fantastic I want to shout about it and let everybody know, I have something so good its unreal. If I said to you employ me to help you and I will help reduce depression, I will give you confidence, I will give you a legal high, I will make you slimmer, I will make you stronger, I will give you more energy, I will make your life better, I will make getting up in the morning enjoyable, I will make you live longer, I will protect you against osteoporosis, I will prevent back problems, I will make you mentally alert, I will lower blood pressure, I will reduce the risk of numerous diseases, I will make you enjoy having a treat on a weekend, I will open your eyes to a whole new enjoyable world, I will make life easier, I will motivate you, I will help you through the hard times, I will educate you, I will make exercise enjoyable, I will be your training buddy, I will give you will power, I will make you HAPPY with no side effects.

Read all of those comments and firstly tell me how many pills you would need for all of those feelings, even if there were any that exist for some of them. How much it would cost and what are the side affects of each pill?

So does Personal Training work? You tell me.....

