

Rocky Mountain News

The perfect fit

There's a personal trainer to meet every need

The people who need a trainer the most are the ones who think they need one the least.

Everybody needs a trainer. Even trainers need trainers.

The average rate is about \$50 an hour, which can add up fast. But it's important to realize that even one or two sessions with a good trainer can make a profound difference in your approach to health and fitness. You might be toodling along, doing what you think might work (even though it never has), and suddenly you realize just how much you don't know.

When people ask me what makes a good trainer, I tell them that good trainers educate and motivate. They're optimistic but realistic. They push you when you need it and praise you when you deserve it. They listen as much as they talk - and when they talk, they know what they're talking about.

Good trainers are people you like - but not too much. If you love them, they're not

working you hard enough.

Good trainers give you tools you can use every day of your life, not just when you're in a session. Good trainers focus on good health, not pounds lost. Good trainers have patience. Good trainers get results that last.

Good trainers empower people. Good trainers believe in their clients and know how to make clients believe in themselves - maybe for the first time in their lives.

There are lots of trainers out there, and not all of them know what they're doing. So how do you pick the right one?

I put that question to a group of trainers, all of whom embody what I consider the right stuff. They weighed in about what you should look for in a trainer

and what to ask one. They also had some thoughts on how clients can make the most of their training sessions.

There's a trainer out there for everybody. Here's how to find one:



Lisa Rykman

More online

Join Trainer Chad Brenzikofer for an online chat about what to look for in a trainer at 11 a.m. today on RockyTalk Live at RockyMountainNews.com



Neil and Eileen Cestra

**Healthy Woman Fitness,
Cherry Creek North**

- **Experience:** 15 years
- **Specialty:** Working with women.
- **Philosophy:** Everyone should enjoy her fitness program; it's about longevity.
- **Look for:** Organization. They should create a plan to reach realistic yet challenging goals. Synergy. Do you feel comfortable around your trainer? Good coaches. Are they inspiring? Are they motivating? Do they listen and solicit feedback?
- **THE question to ask:** What is your training style?
- **Client's best bet:** Be on time, well-rested and fed.
- **Reach the Cestras:** 303-394-9000, HealthyWomanFitness.com

