

Selecting an Exercise Coach/Personal Trainer

Select someone who is trained in:

Functional training

Core training

Multi-joint exercise programs

If you are sitting during the work day: auto/desk/airplane

Exercises should be standing upright or sitting on a stability ball using cables, dumbbells, barbells, power racks, medicine ball training and kettlebells.

Variety will produce faster more efficient results.

If you are tired and fatigued a lot try "energy producing exercise"

Yoga

Tai Chi

Qi-Gong

Stretching

With a heavy schedule, you may want to alternate the two types mentioned above. Watch your energy level, it will be your best barometer.

Organizations dedicated to this type of training:

CHEK Practitioners

NASM Certified

Look for someone who is truly interested in helping you achieve your goals. Pushing too hard can create imbalances and injuries, so allow things to flow and get healthier one day at a time.