

# Fitness: Selecting an Exercise Coach



## **SELECT SOMEONE WHO IS TRAINED IN:**

- Functional training
- Core training
- Multi-joint exercise programs

## **EXERCISE PRACTICES TO FIT YOUR LIFESTYLE:**

**IF YOU SIT DURING THE WORKDAY:**

**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 yourself to get healthier one day at a time.