

TOP 10 REASONS TO HIRE A TRAINER

#1 A trainer helps you set realistic goals based on your current fitness level and lifestyle

#2 A trainer designs custom programs geared towards reaching your goals in the shortest possible time

#3 A trainer will motivate and encourage you, and keep you accountable. You'll stay committed to your program and goals

#4 A trainer takes the guesswork out of exercise by teaching you how to train safely and effectively

#5 A trainer stays up to date with all the latest health information and current fitness trends

#6 A trainer teaches a variety of exercises targeting each muscle group for maximum results

#7 A trainer provides guidance and undivided attention

#8 A trainer takes the fear out of fitness training

#9 A trainer will help clients lose weight, restore strength and function, and recover from injury

#10 A trainer makes workouts fun, energetic and addictive!!

**To set up an appointment, call Gale Volk (360) 901-6056
NASM certified trainer since 1994. Or contact me at
www.fitnesswithpurpose.com**