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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Contributing factors to client success

By Dave Peters owner of lifespanfitness.us

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A unique combination of education in the field of physical fitness, many years of experience, meticulous attention to detail, genuine caring and interest in the client, a constant thirst for upgrading health and fitness related education, knowing the limits of professional expertise, the development of client/trainer trust and rapport and being a firm but diplomatic motivator all have a positive effect on client success.

The various certifications through the ISSA (completed and in progress) and the outstanding support received through the ISSA have also played a major role in maintaining client satisfaction and achievement of their individual goals.

In addition to the normal procedures of completing a comprehensive Lifestyle/Medical Questionnaire prior to their participation in the fitness assessment or training program, all potential clients not suitable for beginning a plan of increased physical activity are asked to seek the advise and approval of their physician. Standardization, accuracy and validity of assessments begin with strict pre-assessment protocols and are closely adhered to during the assessment. The baseline data obtained from the assessment and the client's goals determine the training options meticulously designed for the individual's training program. Specificity of training to meet the needs of each client equates to satisfaction of their goals and development of long-range lifestyle changes for improved quality of life.

It is important to keep the best interest of the client top priority at all times; even at the cost of lost revenue, thereby earning the client's trust with genuine interest and caring.

Maintaining a constant awareness of each client's mental and physical state before, during and after each workout session assures optimum levels of progression and reduces the risk of over-training. Trainer availability for questions and concerns on a continual basis beyond the appointed training sessions enhances confidence in the trainer's expertise and dependability.

Every potential client brings a myriad of variables to consider when customizing their program and the following considerations should be the backbone of professional personal training at the top level:

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- Client/trainer trust and rapport
- Constant updating in health and fitness trends
- Genuine care and interest
- Make time away from training for client's questions and concerns
- People person with a sense of humor: make it fun!
- Know the limits of professional expertise and research answers when appropriate
- Optimize efficient use of time in each training session
- Strive for various ways to individualize and motivate each client

In conclusion, client success depends on consistent and continued progression that can only be achieved by professional trainers who take the time to prescribe specific training for them like they

were the ONLY clients requiring their services. Since reality dictates time constraints, the trainer who strives for the best they can do for each client will produce positive results every time.

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Dave Peters is a Certified Personal Trainer, Youth Fitness Trainer and Specialist in Fitness for Older Adults. In addition he has recently launched an "online" personal training service.

Defining Success: What Does it Mean to You

By Tyler McKinna

We have all heard success stories, success quotes, and seemingly endless gurus touting how they have achieved success in life.

What is interesting about all of these success stories is that very few of them are ever the same. There are various traits, success factors and keys to success that are shared by those individuals. However, each individual has achieved success in life through a success pattern unique to them.

This is why we must spend time with ourselves defining success and developing our own personal meaning of success. We must each develop our own recipe for success, steps to success, and understanding of how to measure success.

It is only when we develop our own meaning of success that we can start to develop success strategies that will lead us to our ultimate goals.

The following are a few questions that can help determine your personal definition of success:

1. What risks would I take if I knew there was no chance for failure?
2. What do I want out of life?
3. What is my ultimate career goal?
4. What would I most like to do, but can not?
5. What does a perfect relationship feel like?

6. On a perfect day, what would I do?

What we doing in this exercise is customizing our own strategy for success. This is by no means a comprehensive list of questions to ask yourself. This is a sample of questions in order to ignite the thought of personal success within you. Just like all other successful individuals, you have the ability to achieve success. However, you must carve your own path and seek your desires. Your personal desires will inspire you and lead you to develop your own strategies for success.

In the next post we will explore answers to these questions and begin to shape our definition of success. We will also begin a base of how effective communication with others can be a catalyst in your rise to success.

Tyler McKinna is a Marketing and Communications Consultant. More great articles from Tyler McKinna can be found at talksuccess.blogspot.com



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