



## *Top 10 Questions to ask your personal trainer*

**Dave Prouhet and Doreen Warfield, Studio Strong**

- **What certifications and qualifications do you have?**
  - Why it's important: Ensures the trainer has a foundational understanding of exercise science, safety, and best practices. Look for certifications from reputable organizations.
- **What experience do you have, particularly with clients who have similar goals or fitness levels to mine?**
  - Why it's important: Experience indicates their ability to handle your specific needs and helps gauge their track record of success with clients like you.
- **What is your training philosophy and approach?**
  - Why it's important: Reveals their training style and helps you determine if it aligns with your preferences (e.g., strength training, functional movement, etc.).
- **How will you design a personalized workout plan for me, and how do you assess new clients?**
  - Why it's important: Highlights their process for tailoring programs to individual needs and ensures they consider your current fitness level and goals.
- **How do you track progress and adjust the program over time?**
  - Why it's important: A good trainer should have a system for monitoring your improvements and be willing to adapt your plan as you progress.



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- **Do you offer nutritional guidance, and what is your general approach to nutrition?**
  - Why it's important: Nutrition is crucial for fitness. Understand their philosophy on nutrition and how they integrate it into their training programs.
- **What are your fees, session lengths, and package options?**
  - Why it's important: Practical information to determine if their services fit within your budget and schedule.
- **What is your cancellation/rescheduling policy?**
  - Why it's important: Understanding their policy helps manage expectations regarding schedule changes and potential session cancellations.
- **Can you provide testimonials or references from past or current clients?**
  - Why it's important: References can offer valuable insights into the trainer's effectiveness, reliability, and client experience.
- **How do you ensure client safety and prevent injuries during workouts?**
  - Why it's important: Safety is paramount. It's important to know how they prioritize proper form and create a safe training environment.