



WHY TRAIN WITH A PERSONAL TRAINER?

HPT will get you fit, faster. The fact is most likely you have one or more of these fitness success factors working against you:

1. You are not consistent in your exercise. Are you exercising at least 3 days a week?
2. You don't push yourself hard enough. Do you do more weight, more reps, and are you faster each workout?
3. You change your workout every time or you never change your workouts (both equally bad).

WHY IS IT SO HARD TO GET INTO SHAPE?

The fact is it's easier to sit on the couch than it is to do sit ups. It's easier to drink a chocolate ice cream shake than to drink a protein shake. It's very easy to say, I will exercise tomorrow, I will eat better tomorrow. Working out and eating right is not necessarily enjoyable, nor easy to do.

PERSONAL TRAINING WITH HPT WILL PROVIDE YOU WITH:

1. **A PLAN**
2. **ACCOUNTABILITY**
3. **A PUSH TO DO BETTER EACH WORKOUT**

FITNESS SUCCESS FACTORS

There are three critical factors for achieving fitness results: consistency, variety and intensity.

CONSISTENCY: Did you know that 70% of people stop exercising within 8-12 weeks of starting a routine? Working with an HPT personal trainer will give you the **accountability** to stay consistent with your routine.

VARIETY: Most people don't achieve results with their exercise because they don't have a **plan**. They either do the same workout forever or do a different workout every time. We use a system of planned variation called periodization. We will do a workout, repeat it and beat it. We completely revamp the workout at the right time. Typically strength routines completely change every 4-6 workouts. Cardio programming may change every couple workout or every workout. Bootcamps are different every time.

INTENSITY : When is the last time you got stronger? Are you still lifting the pink dumbbells? When you strength train, the goal is to lift more weight, to do more reps, or maybe do the same workout in a shorter period of time. A study in the Journal of Strength and Conditioning Research found that when individuals train without a trainer, they tend to under load their muscles. In this same study, the individuals that worked with a trainer were significantly stronger. HPT trainers will be sure to **push** you to be your best.

Don't think you have to be a professional athlete or a movie star to use a trainer. These days just about every type of individual sees a trainer. At HPT, we have trainers that can work with any budget or any ability. You may see a middle school athlete working next to a professional athlete. A TV personality may be working out the same time as a teacher. A CEO may be working out next to a personal assistant.



Top reasons to use a trainer:

- You are starting a workout regimen for the first time and not sure where to start.
- You are starting a workout regimen again (and maybe again) and need accountability.
- You have an injury or pain that is interfering with your exercise.
- You are training for a competition
- You have been working out and not getting results
- You are bored with your current regimen
- You want to achieve the best results in as little time possible

Please do not think you must “get in shape” before you meet with us. That’s our job, not yours. You don’t get healthy before seeing your Doctor, or vacuum your house before your cleaning person cleans.

Are you among the 2% that can get fit on your own?

According to the International Dance and Exercise Association and the International Health and Fitness Association, only 25% of exercisers get the results they want, and of those 25%, 90% were working with a trainer.

This means only 2% of people working out achieve the results they desire with a trainer.

HPT trainers will get you fitter, faster.