



## Top 10 Reasons to Hire a Personal Trainer:

### 10. Break out of your normal routine

*Do you get bored of your work out or find that you've stopped seeing results? Be sure that you are doing the right exercises to meet your goals by using an individualized routine that is designed by a personal trainer.*

### 9. Learn new exercises

*With a personal trainer by your side, you will be doing exercises your body has never done before. Eventually, you will be able to add these new exercises to work outs on your own.*

### 8. Learn how to exercise safely

*Have you ever felt pain during an exercise? Personal trainers will teach you proper technique to ensure that you do not hurt yourself during a work out. Pain is not normal and doing an exercise incorrectly can be extremely detrimental to your work out and hinder the progress towards your goal.*

### 7. Supervision during workouts

*You learned how to do an exercise correctly last week, but had more to think about during the other 167 hours of the week. A Personal Trainer will be by your side ensuring that you keep doing it correctly.*

### 6. Save Time

*Life demands so much of our time between work, family and friends that not everyone has time to spend two hours in the gym figuring out what to do next. With a personal trainer, you will maximize your valuable time and get the most out of your work out. Sessions are approximately 50 minutes long.*

### 5. Motivation and support

*Some days you don't feel like working out. We know, it's not always fun. But you'll thank your Personal Trainer later for pushing you to do those extra reps and reminding you the reason you hired a trainer... your goals.*

### 4. Challenge yourself

*Have you ever thought to yourself 'I can't do that exercise' or 'I can't lift that much'? YOU CAN! A Personal Trainer won't make you do anything that will deviate from reaching your goal, but they will make you try things that you didn't know you could do.*

### 3. Rehab from injury, pain or discomfort

*If you are already in pain or recovering from injury, SEE A PERSONAL TRAINER! You will correct your body movements, release your pain and recover stronger than ever!*

### 2. Prehabilitate your body

*A leading cause in pain or injury is improper posture or muscle imbalances. Correct your body before you are in pain. Your Personal Trainer will show you exercises you can do on your own to ensure you live a healthy and pain free life.*

### 1. Meet your goals!

*You joined a gym for a reason - you had goals. We want you to succeed and live a happy and healthy lifestyle. Now hire a Personal Trainer and reach your goals!*



@ForeCourtRI

44 Cray Street | Cumberland, RI 02864

(401) 333-4480 | [www.ForeCourtRI.com](http://www.ForeCourtRI.com)