F.I.T. WITH LYNNE

Personal Training for Older Adults 101



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F.I.T. with Lynne (Functional In-Home Training)

What is a Personal Trainer?

Simply put, a Personal Trainer is someone with specialized training to help you improve your fitness. Trainers work with clients one-on-one or in small groups. Training may happen in a gym or within the client's home. A Personal Trainer designs exercise routines that are tailored to your specific needs, goals and fitness levels. Trainers will teach you proper exercise technique to prevent injury and ensure you are getting the most benefit from your workouts. They will monitor your progress and offer accountability and motivation.

What is the difference between a Personal Trainer and a Physiotherapist?

Personal Trainers are not medical professionals and cannot diagnose injuries or medical conditions whereas a Physiotherapist is licensed and able to. A Personal Trainer focuses on general fitness. A Physiotherapist focuses on rehabilitation, treatment of medical conditions, and recovery from injury.

When might you hire a Personal Trainer vs. a Physiotherapist?

A Personal Trainer is best suited if your primary objective is to improve overall fitness. Your goal may be as simple as getting up from a chair with more ease or more involved like improving your performance in a sport such as pickleball.

A Physiotherapist is the right choice if you have a specific injury, chronic pain or certain medical conditions that require treatment. Physiotherapists in Canada are equipped to diagnose certain conditions, particularly those related to the musculoskeletal system.

A person may work with a Personal Trainer and a Physiotherapist at the same time. For example, the Physiotherapist may be treating a specific hip issue but clears the patient to work with a Personal Trainer concurrently to provide exercises to strengthen and improve the person's overall fitness.

When choosing a Personal Trainer, what are some key qualities to look for?

1. **Certifications and Experience –** Confirm the Trainer has certifications from reputable organizations and experience to ensure they have the foundational knowledge to create safe and effective programs.

2. **Communication Skills –** They should be both excellent listeners able to explain exercises in a way you understand.

3. **Motivational Ability –** a Trainer should encourage you, celebrate your successes, and push you to achieve your goals.

4. **Personalized Approach –** They will take the time to understand your unique personality, goals, and any limitations to design a custom workout plan and training approach perfectly fit for you.

5. **Adaptability and Creativity –** A good Trainer is adaptable and can modify the workouts as needed based on your progress or if something isn't working. They should also be creative to keep your workouts engaging so you don't get bored.

6. **Good Track Record –** Ask for testimonials or reviews from other clients. Positive feedback and results from others can help you gauge whether the Trainer is the right fit for you.

What is the advantage of working with a Personal Trainer specialized in older adults?

1. They have advanced knowledge of age-related conditions, such as arthritis, osteoporosis, balance issues, and cognitive decline and hold certifications or additional training in older adult fitness. They are trained to modify exercises based on physical limitations or medical conditions.

2. They understand how aging impacts the body, focusing on safe and effective exercises that help improve mobility, flexibility, strength, falls prevention and overall functional fitness without causing injury.

3. They carefully track progress in terms of functionality and daily life improvements (e.g., increased mobility, better posture, reduced pain). They may frequently adjust workouts based on the client's physical changes, ensuring that exercises continue to be safe and effective.

What are some of my clients saying about their experience working with a personal trainer specialized in older adults?

> “My experience with personal training has been rewarding in that, it has helped me to gain confidence in myself and feel stronger since I started with exercise 5 months ago. Going up the stairs goes easier and getting up from a chair is much easier as well. Having a pleasant and humorous trainer is easy to follow and fun to be with.”
>
> **– 78-year-old client**

> “Fitness training has given me a new lease on life. I have a new confidence to tackle everyday tasks. I feel stronger and seem to have more energy. It has continuously encouraged me to take on new challenges.”
>
> **– 78-year-old client**

If you have further questions about In-home Personal Training, please reach out.

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