Personal Trainer Considerations

The City of Winnipeg and the Manitoba Fitness Council (MFC) have developed key points to consider when anyone decides to utilize Personal Trainers to achieve their Healthy Living goals.

Education

A nationally recognized Personal Trainer provides the assurance you are receiving a safe and effective workout with the highest standards in Health and Fitness in Canada!

MFC and the Canadian Society for Exercise Physiology certify Personal Trainers.

A qualified personal trainer:

- ❏ will have a post-secondary education in exercise sciences and program design.
- ❏ will have a training certification requiring continuing education.
- ❏ will have current information on the latest trends & safety issues and the opportunity to attend workshops.

Networking

A qualified personal trainer:

- ❏ will have access to resources like dieticians, physiotherapists & physicians to provide a well-rounded approach to a healthy lifestyle!
- ❏ will be able to provide you with references from other clients/professionals who are familiar with their abilities and knowledge.

Medical History

A qualified personal trainer:

- ❏ will have you complete a PAR-Q (Physical Readiness Questionnaire) or a Par Med-x-form. A medical history check allows the Personal Trainer to design a program specific to your needs!
- ❏ will have the certification including the necessary experience to address any specific medical conditions you identify.

Insurance & Other Considerations

A qualified personal trainer:

- ❏ will have current and valid liability insurance. You can ask to see a copy of the Certificate of Insurance!
- ❏ will have current and valid First Aid and CPR.

The exercise program should be based on an individual assessment of your goals, abilities and health status.

For more information on Personal Trainers please contact the Manitoba Fitness Council at www.manitobafitnesscouncil.ca