



Silver Linings  
Rex Silver Connections  
January - March 2006

## Personal Training. It's All About You.

The operative word in personal training is "personal." It's a health, fitness and exercise program designed specifically for you, your needs and your goals.

"A personal trainer is a dedicated source of motivation and education," says Melanie Dean, Personal Trainer and Wellness Instructor at Rex Wellness Center of Cary. "Personalization is the key advantage. With a trainer, every session is structured and based on what's going on with the individual. You can really get the most out of your program because your trainer keeps you focused on reaching your specific goals." Those goals may be keeping up with the grandkids, improving flexibility for your golf swing or increasing strength to maintain an active and independent lifestyle.

Personal trainers develop individual exercise plans for each client. What works for one person doesn't work for everyone. "You can't just watch an exercise tape and copy what they do," explains Dean. "What you see in a magazine or on a videotape may not work for you because of your individual limitations. A fitness trainer will know your

individual limitations and personalize your exercise program to fit your capabilities. On-going education, with a focus on safety and technique, allows changes in your program to assist you in meeting goals quicker. If you're not using the proper technique it defeats the whole purpose of your exercise," says Dean.

"Without proper technique you can't get the most out of your workout and you can put yourself at risk of injury."

A personal trainer can help you improve strength, balance, and endurance or even continue a post-rehabilitation program. "I have clients who have been referred by their physicians," says Dean. "One of my clients had difficulty performing the simplest strength exercises. Now she's in almost the best shape of her life. Her doctor is amazed. To see her involved in activities she was told she could never do again is awesome and inspiring."

Make sure your trainer is the right fit for you. Try one or two sessions with different trainers; then make a decision based on the trainer's experience, education and personality.

---