



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Why work with a personal trainer?

By Joanna Ezinga, Pittsfield Family YMCA personal trainer

[PITTSFIELD] – Have you ever thought about working with a trainer, but didn't know if it made sense for you? Working with a trainer or coach offers many benefits and can make a big difference to your exercise results.

- **Injury Prevention:** Most exercise-related injuries occur because of carelessness or lack of knowledge. A trainer can teach you how to properly use various pieces of equipment so you can reap the greatest benefit with the least risk.
- **Learn new things:** Most people do the same workout for months, sometimes years, with very little change. It is important to keep your workouts fresh, engaging the mind and body in unfamiliar and varied ways. A trainer can teach you new exercises, creating the variety and challenge the body needs to continue improving.
- **Proper Form:** Observe people weight training and you will see some pretty scary things. It is common for people to learn by watching others. Unfortunately, this includes imitating their mistakes and poor form. A trainer can teach you correct form and provide cues and feedback specific to your bio mechanics. This helps reduce the risk of injury and increases the benefit of your exercise.
- **What to choose:** The choices of programs on exercise equipment can be overwhelming. Which is the best workout - intervals, fat burning, target heart rate, random? The right choice for you depends on your goals, but each workout should serve a clear purpose.
- **Maximize the benefit of the time you spend exercising.** For most people, just finding the time to get to the gym or out the door for a run is hard. Wouldn't you like to know that you are using your time wisely and to your body's best benefit?
- **Finally, if you are training for an athletic event such as a run or triathlon, a periodized training plan is essential.** While there are generic online programs, nothing beats a program tailored to your specific needs, strengths and weaknesses.

For more information about the Y's personal trainers, contact our Youth and Adult Program Director Michelle Kettler at 413-499-7650 x33 or at [mkettler@nycap.rr.com](mailto:mkettler@nycap.rr.com).

Joanna Ezinga is an ACE Certified Personal Trainer, USA Triathlon and USA Cycling Level 2 Coach and personal trainer for the Pittsfield Family YMCA.

**About the Pittsfield Family YMCA:** The Pittsfield Family YMCA is located at 292 North St. in Pittsfield. The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

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