

7 *Undeniable* Benefits of Virtual Personal Fitness Training

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It's not a fad and it's not a gimmick, *Virtual* Training is here to stay!

1. **You still get professional guidance.** A training professional works with you to develop a program perfectly tailored to you and what you're looking to achieve, way beyond general advice, a video or magazine workout.
2. **You get regular updates.** It takes skills and experience to adapt/modify exercises as you progress or other issues come up, following proven methods and science, not old wives' tales.
3. **It's more flexible.** The great thing about personal training online is that it's *completely flexible* around you, even more than when your trainer sees you at home. If you wake up not feeling well, your trainer is a text or call away, not already knocking on your door.
4. **Communication is easy.** Some people fret over technology. Professional trainers always help select the right platform for you. Using online tools, it's simple to see, hear, and stay in contact with your trainer, receiving timely information, feedback and answers.
5. **You'll get individual attention and coaching.** Some people assume that because you're not in the same location as your trainer, you'll feel less motivated by online coaching. But that's simply not the case. *It's my job to stay in touch and make sure you don't let yourself down.* That might be a quick text, call or Face Time — whatever it takes to keep you on track.
6. **It's less expensive.** If your budget is tight, *working online with a virtual personal trainer costs less than it would in person.* One of the biggest reasons is your trainer has no commute.

Many of my clients find it's a perfect way to finally have a personal fitness trainer!

7. **The results are the same.** Modern apps and tools allow trainers to keep close tabs on your progress, whether they live ten miles away or in a different country. With online tools I can show you exactly how to do exercises and watch closely to be sure you have safe, proper form.

Apart from seeing your trainer on screen, you'll get exactly the same attention as usual—initial consultation, support, guidance on how to do exercises properly, regular check-ins, progressions, modifications and plenty more.



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