

Rob's Blog- Why Listen to an Out of Shape Personal Trainer

I work out at a certain corporate gym from time to time and cant help but notice that most of their personal trainers are out of shape. Why in the name of god would anyone take fitness advice from a "portly" personal trainer? Seriously, you should only take advice from people who practice what they preach. Example: Dr. Phil has a weight loss book.

Honestly...is Dr. Phil in good shape at all? If he wrote a book on how to have a successful talk show, then I would buy it if that is something I was looking to do. I would not buy a weight loss book written by him.

Even if your personal trainer is certified and out-of-shape, don't listen to them! If they don't have enough discipline to get in shape themselves, how are they going to motivate you? That is a big part of being a personal trainer. I'd much rather listen to someone in good shape, than listen to someone who is certified.

Here is a question...would you rather get a Masters Degree in Business from Harvard, or get mentored by Bill Gates for 6 years? The difference is huge! I would chose to hang with Bill, no question about it! Harvard is a great University with great teachers, but Bill Gates is a man who "walks the walk" (even though he isn't "certified" and dropped out of business school).

Bottom line...be careful about who you take advice from! Keep training SA! Regards,Robert Clark