

Fitness Training FAQs: Get the Facts

What can a Fitness Trainer do for me?

There are many reasons why people hire a trainer. Trainers are excellent for providing motivation, teaching safe workout techniques, giving individualized instruction, suggesting new effective workouts, to bolster confidence, to provide sport-specific training, assist with injury rehabilitation, and to teach new skills. You may want a trainer to motivate and push you to the point where you begin to see lasting results and to give you ongoing encouragement and support so you keep it up!

What type of training do the Personal Trainers have?

All County of Henrico staff trainers have a bachelor's degree in a health related field and at least one nationally recognized and independently accredited Personal Trainer certification. All of these certifying bodies require continuing education in order maintain certifications.

What happens at the initial Fitness Training Intake appointment?

The purpose of this first meeting is to assess what fitness information is most needed and desired, and to provide information on how to get started or continue making progress towards desirable fitness.

The visit includes review of your health history, as well as assessing your current fitness level, needs and goals.

What if I am completely out of shape?

Each trainer works with each client based on the current fitness level of the individual. The advice given is individually tailored to help the client make steady progress towards achieving a higher level of fitness and well-being. Our goal is to offer you valuable and empowering fitness advice, teach you how to safely and effectively choose and use equipment, and to strategize with you on how to build a better fitness routine for you.

How often should I work with a Fitness Trainer?

The number of visits with a trainer will be based on your specific needs and goals.