

Personal trainers, often known as fitness trainers, assist health conscious people with exercise, weight training, weight loss, diet and nutrition, and medical rehabilitation. During 1 training session, or over a period of several sessions, trainers teach their clients how to achieve their health and fitness goals.

Personal trainers supervise and motivate individuals and groups to improve their cardiovascular fitness. They evaluate people's physical abilities, determine training regimens and supervise the techniques to ensure they are receiving maximum benefit from their workout while avoiding injury. Because physical fitness activities range from aerobics and calisthenics to weightlifting and yoga, instructors tend to specialize in one or a few disciplines.

Personal trainers teach their clients how to properly use weight machines, perform calisthenics and cardiovascular exercises, and develop a proper diet for nutrition or weight loss and set realistic and reachable goals.

A personal trainer must evaluate a client's physical condition and help them select exercises appropriate for a personalized condition routine. It is up to the personal trainer to demonstrate new exercises or equipment and closely monitor the client during workouts. Trainers also advise clients on techniques and pace and motivate them to exert themselves appropriately. Most personal trainers are also capable of offering counseling on dietary and nutritional matters.