

10 reasons you should hire a personal trainer:

1. You want a **personalized** fitness plan
2. You're not seeing **results**
3. You don't know where to **start**
4. You're **bored** with the same old workouts
5. You need to be **challenged**
6. You want to learn how to exercise **independently**
7. You need **accountability** and motivation
8. You have a specific **injury, illness** or condition
9. You're **training** for a sport or event
10. You want supervision and **support** during a workout

