

Terri West Fitness Has Over 200 clients on FitOrbit in October!

Trainer sends online fitness through the roof!

Nov. 2, 2010 - [PRLog](#) -- Terri's Advice To Trainers:

My experience as a Jackie Warner online trainer has given me an opportunity to reach clients near and far.

As a former overweight person, I understand the challenges that my clients are faced with. They may not want to go into a gym due to intimidation, they may think they don't have time to workout, or they may just not have the motivation. That's where I come in!

My body was like mush my entire childhood and young adult years, and it wasn't until college that I began to challenge myself in the realm of fitness. I now use my physique to motivate my clients and show them that they, too, can transform their body.

First thing every morning I grab my decaf green tea and check my Jackie Warner client email on my 10-year-old, slow-as-molasses Dell desktop computer. I receive comments and compliments from those who have been successful as well as those who feel discouraged. I remain available to them when I'm not training my local in-house gym clients by constantly checking my smart phone. It is critical that I am available to my clients all day long because motivation is key ALL day long.

It is important that your clients know that you're thinking about them before they have to wonder, so I "nudge" them or write them a quick note to check on their progress. You have no idea how much they appreciate your concern. Once you've earned their trust, you have a long-standing, dedicated client.

Simply put, the client is always #1!

JackieWarner.fitorbit.com
TerriWest.com

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Terri West is a dynamic, compassionate, nationally-accredited fitness trainer based in Los Angeles, CA. "I Can Change Your Body If You Change Your Mind."

For more information, contact: TerriWest Fitness Companies, www.terriwest.com.

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