

FREE GUIDE

# 7 THINGS TO KNOW BEFORE HIRING A TRAINER

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**KNOW BEFORE  
YOU BUY**

Find the right coach

**EVERYTHING BUT THE GYM**



## #1 Does your coach care about you?

This may seem like a given, but I promise you, it is not. Your coach should be attentive, focused, and invested in you during your sessions together. You are paying them (usually a premium fee) for their time and energy, and you deserve their attention. If you haven't worked with the trainer in question yet, you have to go off how they treat you in the consultation, but watch out for these kind of things during your first session.

## #2 What are your coaches credentials?

Unfortunately the fitness industry is totally unregulated. Anyone can call themselves a personal trainer. This means you have to do some homework when it comes to hiring a trainer, look them up and ask them about their background. What are their certifications, degrees (if any) and what is their working experience like? If they can provide testimonials that is also a plus. But don't assume someone is a good trainer because they are in shape.

## #3 Does your coach assess you?

Assessment is key, especially in the beginning. Your coach should not just throw you into a workout without finding out about you. Medical history, injury history, exercise history, movement screen, and getting to know you as a person is all important. Good assessment allows a coach to do their job better, and if they aren't assessing, they're just guessing!

## #4 Does your coach train you for your goals?

Don't let a coach put you through workouts just because its what they like, your goals and individual needs should be respected. If a coach doesn't hear you when you tell them what you want to train for and wants you to train for *their* goals, it is time to find another coach.

## #5 Does your coach keep you safe?

A good coach will start you off slow, especially if you are new to exercise. Don't fall for the trendy, high impact routines you see on social media. While flashy moves look cool, they pose serious risk to your safety and can cause injury. Box jumps, burpees, and training very heavy are not for beginners. One of the rules all trainers should follow is "do no harm."

## #6 Is your coach customizing your training program?

If your coach is giving you cookie cutter workouts, you can find those online for free. The value of a coach (outside of accountability and being a teacher) is to distill their knowledge of programming and give you exactly the right exercise "dose" for your needs.

## #7 Is your coach teaching you to be self sufficient?

Lastly, a good coach teaches as well as trains. A coach that really cares about you wants you to one day take the reins on your health and fitness and be empowered.

# IF ONLY I HAD KNOWN, I WOULD HAVE CHOSEN DIFFERENTLY

**Hello friend!**

I first want to thank you for signing up for my email list. I will only send you the best content I can find for improving your health and fitness.

I have seen many people discouraged and even worse, physically hurt because of the negligence of trainers. I want better for you.

My hope is that with this information you will have a better reference of what questions to ask and what to look for when you hire a trainer.

Your health is your most valuable possession, and that makes hiring a personal trainer or coach, a very important investment.

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way!

**To your success,  
Jared Lee Evans**



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