

Exercise Personal Training 101

Michael Chia
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EXERCISE PERSONAL TRAINING 101

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Experts' View

The two authors have an outstanding track record of publications and applied work in the area of personal training and healthy lifestyle.

The key feature of this book is to help personal trainers to empower their clients with good problem-solving and decision-making skills concerning their health and well-being. This is a much needed addition to the literature. Several text books on personal training are available, however, the content of "*Personal Training 101*" is unique in that it provides applied and practical guidelines that cover a wide range of training and program issues. The book provides a holistic approach to personal training that is much needed to create lifestyle changes.

The book covers important training issues that are made accessible to the readers through topics such as concept statements, strategies for action, technology updates, in the news, key points and technical jargon, web-resources and follow-up references. The authors base their recommendations on research in exercise science, yet the communication of important personal training principles is accessible to everyone. The ability to translate research into practice is one of the most important assets of this book.

Jean Côté, Ph.D.

Professor and Director

School of Kinesiology and Health Studies

Queen's University, Canada

Exercise Personal Training 101 offers a personal trainer a comprehensive guide to the professional practice of assisting individuals to achieve maximum health and fitness.

Authored by two individuals who are not only outstanding scholars in the field of exercise science, but have skillfully proven themselves to have the ability to translate hard scientific evidence into applied practices for all levels of exercise professionals. As one would expect from these authors, the book covers thoroughly and interestingly covers every aspect of Personal Training programmes, but in addition covers the professional topics of ethics, beliefs, client relations and programme design.

An added bonus to the book are the multiple appendices that offer clearly, compelling and complete examples that turn the ideas of the book into easily understandable and applicable professional practices. The well conceived content of contained in this book will easily move from the pages into the practice of every exercise personal trainer.

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About the Authors

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Preface

Personal Training 101 provides a message of empowerment for personal trainers who believe in the holistic development of their clients. The book is not just about the nuts and bolts of personal training or just about exercise or nutrition. Rather, it is about the holistic development of the client, being client-centred and process-centred as this will help ensure business longevity.

The key philosophy of the book is to help personal trainers to empower their clients with good problem-solving and decision-making skills concerning their health and well-being. This is done by subscribing and internalising HELP. HELP will serve new and experienced personal trainers in good stead in a more connected and globalised clientele. HELP explained is **H**ealth is available for **E**veryone who makes **L**ifetime changes and it is **P**ersonalised.

Using HELP, personal trainers can help all clients make personal lifetime and lifestyle changes that promote health, fitness and wellness. Good personal trainers become great personal trainers when they practise HELP with their clients and help them to become better problem-solvers and decision makers rather than telling them what to do, by offering sound and scientifically-based information that is personalised and appropriate. Additionally, the authors recommend that all personal trainers take PRIDE (personal responsibility in daily effort) in their stride, for garnering and polishing up their knowledge, skills and attitude (art and science) for great personal training.

Excellent personal trainers can be lifestyle and wellness coaches who are renowned for their great listening skills and high emotional quotient. They exceed client expectations at every opportunity. You can be one of them by making a start today.

Part I (Chapters 1-4) of the book deals with generic personal training issues while Part II (Chapters 5-10) of the book deals with specific programmes issues. Special features in the book include concept statements, strategies for action, technology updates, in the news, key points, web-resources and follow-up references.

Personal Training 101 is a must-have, whether you are starting out in personal training or an experienced personal trainer.

Much appreciation and thanks are due to Scott Weng and Ellen Huang from Taipei, Taiwan, and Ho Wei Ching, Victoria Toh and Joanna Ho from Singapore, who were all excellent and gracious models in the photographs.

Dr Michael Chia and Dr Patricia Wong

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