

## **Personal Fitness Training is no longer just for the wealthy**

By: Robin Mungall

Personal Training is no longer just for the wealthy, it has become an affordable and efficient option for everyone in the past 5 years. Having a solid fitness program designed specifically for you to suit your individual needs can be done without breaking the bank. You no longer need expensive gym memberships or thousands of dollars of expensive home equipment to work with a certified fitness trainer. In Home & Online Fitness Training makes quality Health and Fitness training accessible to most everyone, all with the guidance of a Qualified Trainer.

In Home Personal Fitness Training is excellent for those individuals too busy or inconvenienced to get to a gym regularly or those who are intimidated from the gym atmosphere. With In Home training you can have a successful program designed for you without breaking the bank. A small investment in some dumbbells and a stability ball can be purchased for under \$100. Even better, you can get a great conditioning workout without making any purchase. A Quality In Home trainer will be able to design a workout for you by using your bodyweight and some every day items you have in your home like a stair case, chairs, or even pillows. Of course no fitness routine is complete without some cardiovascular exercise, With In home training again you do not need to purchase a five thousand dollar treadmill to get the job done. There are a lot of fun ways to get your cardio in at home like shadow boxing, mini circuits, and using the great outdoors to run, jog, or skip. Weather you can train with a trainer three times a week or once a month, using the services of an In Home trainer can work for you without breaking the bank.

Another great option for personal training these days is Online training. The best part about this type of training is that you get to work with a certified personal trainer at your own convenience without being intimidated, and you're only paying a fraction of the cost. Personalized programs delivered to your email complete with pictures and detailed instructions. Upon completion of each workout you can record your results for your online trainer to evaluate and add any comments or concerns to help you get your goals. Most fitness professionals will also include nutrition programs and email consultations for ongoing support. Fitness training has never been so affordable and so simple.

Robin Mungall is a certified personal fitness trainer who runs an In Home fitness training company in Edmonton, Alberta. He specializes in weight loss and body shaping. Robin is also a certified sprints coach and has won various awards in Track and Field. To learn more about Robin Mungall's In Home and Online Fitness services visit his website [www.rmfit.com](http://www.rmfit.com)