



FAQs

Q1. In which field lifestyle fitness coaching has emerged?

Ans: Lifestyle fitness coaching has emerged in the field of health and fitness industry.

Q2. What are the responsibilities of a personal trainer?

Ans: Personal trainers are responsible for initial and ongoing fitness assessments, program structure, technique, application, programming updates and exercise science.

Q3. Write down the most appropriate guidelines for client expectation.

Ans: The most appropriate, yet simple guidelines are:

1. To remember we are all human and we all have feelings.
2. To treat everyone the way one would like to be treated.
3. If one does not know or aren't sure, ask.
4. Be respectful to all people and things in the facility and in the community.
5. Be prepared for the next activity on the daily schedule

Q4. What does first beat lifestyle helps in the client lifestyle?

Ans: First beat Lifestyle assessment helps personal trainers truly to understand their client's everyday lives.

Q5. What does lifestyle assessment means for the personal trainers?

Ans: For the Personal Trainers, Lifestyle Assessment means an opportunity to gain a deeper understanding about their clients.