



Summary

Lifestyle fitness coaching is a process of periodic discussions with the client about how the program is working for them, what benefits they are experiencing, what downsides they are encountering. Fitness once was jogging, and then aerobic dance, and now fitness only is limited by the imagination. Most people need help in initiating and maintaining active lifestyles. A lifestyle fitness professional will have both the power and the motivation to contribute to their clients, fitness, health and wellness. Keeping four critical tips in mind will help to retain not only the client base, but also the job as a personal trainer. For decades, fitness professionals have had various degrees of success motivating clients and making them accountable for a healthy lifestyle. Today, fitness coaching has been refined into a science. Individuals no longer have to wonder how to get and stay on track with their desired goals. 'Modern-day' fitness is just that-a recent arrival on the landscape of life. Health fitness professionals can be described as discoverers and explorers, deconstructing myths, mapping new terrain, in creating unforeseen possibilities for participation and active living. As health fitness professionals gain greater competency in uncovering of the needs, backgrounds or goals their clients' through formal coach training, or start working alongside a qualified lifestyle fitness coach, they will be better suited to guide and support their clients in achieving imagined and unimagined results.