



## ***CHANGE YOUR BODY & MIND-CHANGE YOUR LIFE***

**Keep Fit, Move Forward and Stay  
Healthy for Life Regardless of Age!**

**RIOT will help you get in shape now!**

***LOSE WEIGHT -- BUILD MUSCLE -- INCREASE ENDURANCE -- GAIN STRENGTH & POWER  
IMPROVE ATHLETIC PERFORMANCE -- PRE-FIGHT CONDITIONING***

### **Benefits and Reasons for Improved Fitness**

Increased levels of fitness contribute greatly to the quality of one's life. Some possible benefits include:

- Increased fat metabolism
- Reduced body fat and increased lean tissue
- Stronger bones, tendons, and ligaments
- Increased muscular endurance
- Improved muscular strength
- Increased muscle tone
- Positive outlook
- Enhanced self-image and mood
- Improved emotional stability
- Reduced stress and anxiety levels
- Improved levels of deep sleep

As your fitness improves, your health risks decline and life expectancy increases. Indeed, the proper amount of exercise and fitness can often lead to optimal health.

## **10 Reasons You Should Work Out With a Personal Trainer**

Personal trainer helps you get the most out of your fitness routine.

***Personal Trainer Pro #1: They teach you new things***

If you're new to the gym experience, getting a personal trainer is a smart idea. Many gyms offer a free session at sign-up to help you get familiar with the machines, and more in-depth sessions can help perfect your form.

***Personal Trainer Pro #2: They're sometimes your therapist***

Having friend drama? Your trainer can be the perfect person to talk it out with while you're bending, balancing, and lifting.

***Personal Trainer Pro #3: They are an objective eye***

We all have areas we'd like to work on and personal trainers can't only tell you realistically what to expect with each workout, but also how to optimize a session to target different muscle groups.

***Personal Trainer Pro #4: They're better than a mirror***

Watching yourself while you work out can help you make sure your form is correct, but it's even better when someone is there to tweak it while you work.

***Personal Trainer Pro #5: They push your limits***

Just when you think you can't go anymore, you'll be told to "hold for another minute" or do "10 more reps." And what do you do? You do it, and are all the better for it.

***Personal Trainer Pro #6: They hold you accountable***

This one can be important for me, especially when happy hour is calling my name. It's much harder to justify blowing off an appointment with a personal trainer than just your own free styling time at the gym.

***Personal Trainer Pro #7: They keep you from plateauing***

A personal trainer always has a new workout up her sleeve to keep you having fun and seeing results!

***Personal Trainer Pro #8: They keep count***

OK, maybe this is just me being lazy, but I just love the fact that someone else is keeping track of my reps, especially when I can barely lift my arms (let alone think) anymore.

***Personal Trainer Pro #9: They can be eye candy***

Are you a fan of one of these gym stereotypes? Finding one that fits the bill while challenging your fitness goals can be an added bonus. In any case, someone so dedicated to healthy living can be a real-life inspiration to help you meet your goals!

***Personal Trainer Pro #10: They love to see you sweat***

Who loves to see you at your disheveled worst more than your trainer? All those huffs, puffs, and sweaty faces just tell them that they're doing their jobs!

## **You should consider hiring a RIOT personal trainer For any of the 7 following reasons**

**[1]: You want a high-quality, individualized workout program**

If you have any chronic health conditions, injuries or training goals (running a marathon, for example) a RIOT trainer will work with you and your health care provider to plan a safe, efficient program that considers these needs and enables you to reach your health goals. RIOT trainers are experienced in not just implementing a healthy workout plan but also implementing a new healthy lifestyle.

**[2]: You need individualized feedback and motivation**

One of the main reasons people benefit from a RIOT personal trainer is that they lost motivation to stick with a consistent exercise program on their own. RIOT certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health. RIOT trainers work with you to develop a workout plan that suits you and your interests.

**[3]: You are training for a specific event and want to enhance your performance**

Many of RIOT's clients are training for competitions and other special events. RIOT trainers can work with you and your experience to develop a workout plan that encourages your improvement and progression. One of the hidden components of personal training is goal setting and RIOT trainers can help set goals with you in the beginning and work to meet those goals for an exemplary end result.

**[4]: You have reached a plateau with your present fitness routine**

Let's say you are already in pretty decent shape, but you've been there for years. If you are stuck in the same routine and want to break it, a RIOT personal trainer is the perfect solution. A trainer will jump start, not only your motivation, but your routine as well. RIOT trainers are experienced in many exercises that can be fun and engaging. Exercising is not supposed to be a burden and all of our trainers support a fun and exciting program.

**[5]: You want to learn how to exercise safely**

RIOT personal trainers watch your form, monitor your vitals and provide objective feedback about your limits and strengths. Most patrons tend to ignore some of the subtle signals our body provides. We either push through pain or give up too soon. Because a personal trainer can watch what you are doing while you are doing it, they can help push you or slow you down as necessary. This beneficial feedback helps keep you safe and keeps your workout beneficial.

**[6]: You want to learn how to work out at home**

Sometimes working out in a large open gym is stressful and nerve-wracking. That anxiety can limit your desire and ability to exercise effectively. RIOT trainers can teach you portable and mobile exercises that you can take with you on the go. Working out where you're comfortable can help break your anxiety and help you stick to a beneficial exercise plan.

**[7]: You want to meet goals effectively and efficiently**

RIOT certified personal trainers set goals with you in the beginning to help focus your exercise plan on meeting those goals and to stop wasting your time with inefficient workouts. RIOT personal trainers work with you to help you get maximum results in minimum time.

Many of our clients have already discovered the benefits of working with a personal trainer. From designing a customized workout plan to providing ongoing motivation and support, personal trainers are dedicated to helping you achieve your specific fitness goals. Every member receives a complimentary one hour fitness assessment with our training staff.

**In Summary the Good Reasons to have a RIOT Personal Trainer Are:**

1. **Mix It Up with Cross Training.** RIOT trainers use a variety of effective workouts based upon your specific goals
2. **Teaching vs. Showing.** Instead of only showing you how to use exercise machines, a RIOT trainer will teach you principles of exercise that will stay with you for the rest of your life.
3. **Set-A-Pace.** Through professional guidance, RIOT trainers will teach you what pace and intensity level is required to get into great shape
4. **Turn Weaknesses into Strengths.** RIOT trainers have the opportunity to see where your weaknesses and strengths are, to develop a program specific to your needs.
5. **Accountability.** RIOT trainers provide necessary accountability and motivation to maximize results.

**When you're ready, we're here.**

Whether you're an early riser, prefer a midday workout, or the evening is when you hit your stride, you'll appreciate our convenient hours. And no matter when you're ready to exercise, you'll find multiple options from which to choose: classes exploring physical exercise, the mind-body connection, martial arts exercise, and services such as weight management and personal training.

It feels good to have a strong, flexible body that can do all the activities you enjoy - like running, jumping, and playing with your friends. It is also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood.

When you exercise, your brain releases chemicals called endorphins, which is a natural way to make you feel happier. It is just another reason why exercise is a fun activity. For more information about this topic, please call **650-992-3939**