

Men's Health

# BLACK BOOK

## The panel

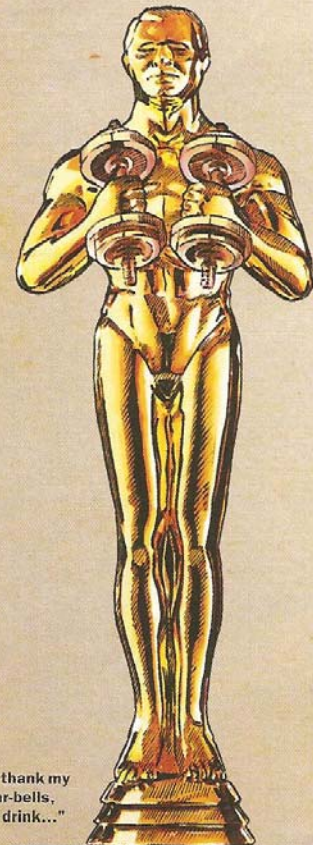
Our nuggets of brilliant information were mined by some of the finest experts in health and fitness. Thanks are due to:

**Brett Sanders**  
Personal trainer and holistic lifestyle coach  
(thethirdspace.com)

## What to ask a prospective personal trainer

If you want to avoid injury and maximise your gains, you need the correct answers to these

- 1 Do I actually need a personal trainer?**  
(Answer: "If you want to learn, not follow – yes.")
- 2 What qualifications do you have?**  
(Answer: "ACSM, CHEK Institute or courses longer than six months.")
- 3 Are you going to do an assessment?**  
(Answer: "Yes." If they're not assessing, they're guessing.)
- 4 Can you tell me about nutrition and psychology?**  
(Answer: "Of course. Fitness is about lifestyle, nutrition and mentality – not just muscles.")
- 5 Are you insured?**  
(Answer: Gym-based PTs will be covered, but get proof of private PTs' personal and equipment liability.)



"I'd like to thank my BMI, my bar-bells, my protein drink..."

Best Trainer