



Charles Cole Memorial Hospital Coudersport Wellness Center Personal Training

Train with our Personal Trainer: Donna Thomas

Certifications: (Neta) Personal Trainer Certification, (Fitour) Primary Personal Trainer & Advanced Personal Trainer (ACE and Nationally recognized); (Neta) Group Exercise Instructor (ACE and Nationally recognized; Silver Sneaker Muscular Strength & Range of Movement-Fitness First Inc.; First Aid/CPR, (Fitour) Nutrition Certification (ACE and Nationally recognized).

Why use a personal trainer?

- **A personal trainer will keep you accountable. When you have a scheduled appointment you won't be likely to skip your workout.**
- **Training with someone motivates you.**
- **A trainer can get you started if you don't know where to begin.**
- **Strength training is advantageous for people of all ages, but it can be especially beneficial for older adults. One inevitable aspect of aging is a steady decline in strength due in a large part, to a gradual loss of skeletal muscle. Simple strength-training results in significant improvement in physical function of older men and women. A trainer can give you a safe program.**
- **A personal trainer can help you set and meet your goals. Each person is different and everyone's exercise needs are different. Let your personal trainer assess and help you meet your exercise goals.**
- **Using a personal trainer from time to time helps reassure you that you are working correctly. A trainer can evaluate and give you feedback on your posture & body mechanics so you will be able to achieve maximum results and avoid injuries. Your form is important when you workout.**
- **A personal trainer can give you a variety of exercises. Prevent boredom!**
- **A personal trainer can teach you to stretch, a very important part of your workout. Stretching helps not only flexibility but you will have less chance of an injury.**
- **A trainer can help you strengthen your core muscles, which will improve posture, and often reduces back, shoulder and neck pain.**
- **A personal trainer helps you make goals and meet them.**

A personal trainer can give you an assessment for your age used nation wide:

- **Flexibility**
- **Upper body/lower body strength & endurance**
- **Body Fat %**
- **Girth Measurements**
- **Waist to hip ratio**
- **Sit & Reach flexibility test**
- **Postural assessment**