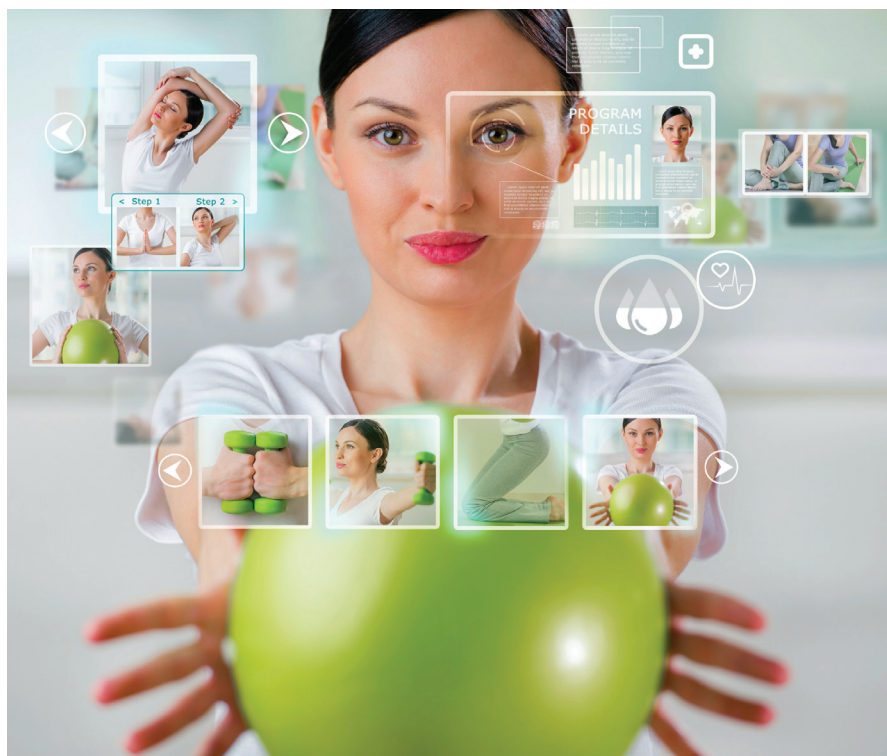


Exercise Help Online

Online exercise classes offer convenience, affordability and a broad range of exercise options for all levels and degrees of mobility.

The most popular workouts include strength training, aerobic fitness and routines for weight loss or physical rehabilitation. For the independent spirit, consider self-directed online fitness programs if you like planning your own workouts but want new exercise ideas.



Another popular trend is hiring an online personal trainer, according to the American College of Sports Medicine (ACSM). Many online exercisers are doing customized workouts for more targeted results and effective use of their exercise time.

Working one-on-one with a personal trainer, you can craft an online training program based on your age, goals, fitness level, exercise preferences, available equipment and medical history.

Experience wanted — a qualified exercise trainer will:

- ✓ Hold a 4-year degree in exercise science, physiology or physical education.
- ✓ Be currently certified by a nationally recognized organization (www.acsm.org or www.acefitness.org).
- ✓ Provide references from other clients and former employers.
- ✓ Move cautiously with your training.
- ✓ Be personable and motivating.
- ✓ Maintain liability insurance.

Discuss your exercise needs and how to locate a personal trainer with your health care provider.