

For the Fit But Poor: Personal Training for Every Budget



For the Fit but Poor Personal Trainer: A guide on how to train money - not muscle - to grow by Angelina J. Steffort

★★★★★ 5 out of 5

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Getting in shape doesn't have to break the bank. Here are some tips on how to find personal training that fits your budget:

1. Look for Free or Low-Cost Options

There are a number of free or low-cost personal training options available, such as:

- **Community centers:** Many community centers offer free or low-cost fitness classes, including personal training sessions.
- **YMCA/YWCA:** The YMCA and YWCA offer a variety of fitness programs, including personal training, at affordable rates.

- **Fitness classes at your local college or university:** Many colleges and universities offer fitness classes to the public, including personal training sessions.
- **Online personal training:** There are a number of online personal training programs available that can be more affordable than traditional in-person training.

2. Negotiate with a Personal Trainer

If you can't find a free or low-cost personal training option that meets your needs, you can try negotiating with a personal trainer. Many trainers are willing to work with clients on a sliding scale, based on their income.

Here are some tips for negotiating with a personal trainer:

- **Be honest about your financial situation.** Explain to the trainer that you're on a budget and that you're looking for a training program that fits your needs.
- **Be willing to compromise.** You may not be able to get the exact training program that you want, but you should be able to find a compromise that works for both of you.
- **Be prepared to walk away.** If the trainer is not willing to work with you on a sliding scale, then you may need to find another trainer.

3. Get Creative

If you're still struggling to find affordable personal training, you can get creative. Here are a few ideas:

- **Start a group training session with friends or family members.**
This can be a great way to save money and get in shape with people you know.
- **Offer to trade services with a personal trainer.** For example, you could offer to clean their house or run errands in exchange for training sessions.
- **Look for personal trainers who are just starting out.** They may be willing to offer lower rates in order to build their client base.

Getting in shape doesn't have to be expensive. With a little creativity and effort, you can find personal training that fits your budget.

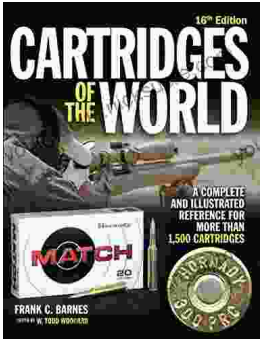


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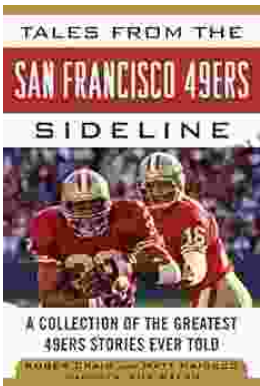
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