

THE PERSONAL TRAINER

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Priortohercareershewasapersonaltrainer. Motivation Motivation is often difficult to maintain when you exercise on your. Start with your school and find out if it offers any assistance with job placement. Anyonewho:.Describe the basic principles of nutrition and how they relate to health and exercise programs. In some cases, personal trainers will also help clients with health and nutrition plans, such as recommending a food diary, or working with a nutritionist.