

Why Get a Personal Trainer?

Personalized Workout Plan - No single workout is designed for everyone. A personal trainer will get to know you, your goals, and your limitations. Once they know your goals, a personal trainer can design a plan to help you get there.

Exercise Accountability - Making an appointment and keeping it is the first step. You are much less likely to cancel an appointment with your trainer than if you just put exercise on your daily to-do list.

Reduced Injury Risk - No one can completely erase your risk of injury, but a personal trainer is there for more than just counting reps and pushing you along. A personal trainer is there to watch and correct any issues with form, as well as to make sure that proper weights are being used and exercises are being performed.

Efficiency - Whether you have 30 minutes or an hour in the gym, a personal trainer will use your time efficiently. There adherence to the workout plan will ensure that you are using your time optimally.

Exercise Variety - Keeping your workouts fresh is a trademark quality of a personal trainer. No one wants to do the same exercise routine each time they enter the gym, just like no one eats the same thing for dinner every night.

Wellness Resource - Personal Trainers are not just experts in what exercises to perform. Personal Trainers may be knowledgeable in other functions of the body, as well as nutrition and several other factors that affect the health of the body. They love to be plucked for information.

Overcoming Obstacles - You CAN do it! Sometimes you just need someone else to help you prove it. Whether it is another minute on the treadmill or three more repetitions, a personal trainer can help you push through that wall and come out successfully on the other side.

Progress Assessments - Recording your workouts can be hard enough to do each time, but being able to understand what is taking place is another layer of understanding altogether. Making sense of what you've written down over time can help you reach your goals faster and more effectively.

Improved Self-esteem - When you exercise regularly and you see results, your self esteem grows along with your physical gains. You walk "taller", you are more alert, and more productive in your daily activity.

neighborhoodtrainer.com



Medina Community Recreation Center
855 Weymouth Road
Medina, Ohio 44256
(330) 721-6900 • www.medinarec.org



PERSONAL TRAINER PROFILE SHEET

The MCRC Personal Training Program is designed to provide patrons with professional assistance in developing and maintaining an effective fitness program customized to meet your individual needs. All MCRC Personal Trainers have been contracted based on their extensive qualifications and certifications. Programs, fees, and appointment times are arranged between the individual and the selected MCRC Personal Trainer.

The following trainers have been contracted with the MCRC and are anxiously waiting for the opportunity to work with you.



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top 5 reasons to hire a personal trainer

1. accountability
2. motivation
3. proper form
4. variety
5. saves time



Debrae Barendfeld
330-620-3333

NFPT certified

Debrae has trained & exercised for more years than she is willing to admit.

Debrae believes resistance training to be a fountain of youth. She says the benefits to training hard are endless for men and women of all ages. Whether you want to change your body, get stronger, lose weight, get tone or just feel better and more confident, Debrae wants to help you reach your fitness goals.



Maria Buckel
Buckel Down Fitness, LLC
330-591-7531

NFPT certified
RN, BSN

Maria has made a lifelong commitment to overall health and fitness both personally and professionally. She combines her life experience and her clinical background with a passion for getting and staying fit. No matter what your age or ability, Maria can design a workout routine specific to meet your needs. She looks forward to helping you improve your fitness and reach your goals.



Joan Dutko
330-635-3198

ACE certified

Joan specializes in helping clients increase muscular strength and cardiovascular endurance, increase metabolism, and improve overall fitness & health. She works with men and women of all ages from youth to seniors. Joan offers a variety of optional fitness testing to establish a client's baseline upon which later comparisons can be made. Joan is looking forward to helping clients achieve their goals!



**PRESCRIPTION
FITNESS**
PERSONAL TRAINING CENTER

- Adult Weight Loss Programs
- Speed and Strength Training for Youth
- Post Rehabilitation Exercise Program
- Sports Specific Training

We work hard, have fun, and get results. See you at the top!

Outstanding Staff - Our trainers are nationally certified, hold degrees in the field and have strong athletic resumes. We have a trainer to fit your needs.

Accountability - We will call, text, or email through the week to keep you on track and on top of your goal!

We fit every budget - designing days to do on your own while mixing and matching services, we will meet your goals and pocketbook.

Work at YOUR Pace for YOUR needs at YOUR Budget! Stop in and Meet Our Team Today!
Call today for a FREE Health Risk Assessment or FREE Fitness Room/Equipment Orientation!

www.prescription-fitness.com • (440) 552-6729 • info@prescription-fitness.com

