



Frequently Asked Questions

Is personal training only for athletes?

Absolutely not. Personal training can be a benefit to anyone. Our clients range in age from 18 to over 80. Many clients simply want a better quality of life through better health and fitness. We tailor the program to fit the individual – not matter what their goals or current fitness level.

Where do you train your clients?

At our personal training studio located at 5805 Post Road in East Greenwich, RI – right next to the East Greenwich Post Office around the back of our building. Here, we have all of the equipment necessary to provide all of our clients with the very best service and training experience possible. It is a very private and spacious training environment that allows us to work efficiently with a small number of clients at a time. During our Run Fit sessions, we sometimes utilize local playgrounds or outdoor school athletic facilities.

What does a personal trainer actually do?

Well, that depends on the personal trainer. At Perfectly Fit, we spend time up front to understand as much about your lifestyle and goals as possible. Then, we conduct a fitness assessment to help determine the best way to start your customized one-on-one program. We can also design a full nutrition regimen that fits into your lifestyle. Although most typical training sessions only last 45 minutes, our personal trainers are always accessible via phone and email for all of our clients to provide you unlimited support.

What kind of results should I expect working with a personal trainer?

It depends on how much effort you put into your training program. In 6 weeks, clients usually lose between 5 and 15 pounds of body fat (that isn't scale weight, just the bad weight you want to get rid of). It is important to remember that you may only be in the gym with your trainer 1-3 hours per week, so what will make you or break you is what you choose to do when you're NOT with your trainer (and it is the trainer's responsibility to provide you with that information). Of course, the closer you follow the lifestyle developed for you by your trainer, the better results you will have.

How often and how long should I use a trainer?

This is very dependent on the individual and there are a few factors to consider, including budget, prior exercise experience, and how quickly you want to achieve your goals. An honest, professional trainer should be able to give you an honest assessment and make a recommendation on what they feel would be your best course of action.

We have some clients that just want a basic grasp of how to workout and only meet with me a few times, and we have other clients that have been training with us for years for motivation and accountability. It really depends on what you want as an individual.

How often do you change the training program?

We make sure we provide variety in our workouts to keep things interesting. And we constantly change your training program to work on your weaknesses. We like to keep you guessing so you don't get bored. As your body adapts, your program will progress to ensure that you keep making strides toward your goals.

What does a normal in-studio session consist of?

Each session starts off with a brief discussion to ensure you are staying on track (diet, training on your own outside the studio, etc.). Every individual's training sessions are different based upon their goals, but most programs consist of a light warm-up and stretching, 45 minutes of resistance and/or cardiovascular training, followed by a stretching period.

What does your initial session consist of?

The initial session gives us the opportunity to discuss your goals and expectations. It also gives us the chance to explain how we work and what we can offer. The next step is to schedule your initial workout, a 45-minute session with a full money back guarantee if you are not completely satisfied. During this session, we perform an initial assessment, measure your body fat percentage, take circumference measurements and administer a full workout to give you the opportunity to see if you like the way we train.

How are you different from a trainer at a chain gym like Bally's, Gold's Gym, or even an establishment like Curves?

Often, the trainers at chain gyms are part-time employees. This is not a part-time job for us; all of our trainers are full-time personal trainers - this is our career. Unfortunately, many corporate trainers are paid bonuses and are under a lot of pressure to sell clients supplements and other things they may not need. Also, many corporate gyms don't require trainers to have a top certification (we recommend that you always ask trainers what certifications they hold). Their job is to keep you coming in, whether you're making progress or not, and their workout routines are designed for the masses. We design each program for the individual.