

# IS PERSONAL TRAINING RIGHT FOR ME?

## Are you just getting started with your fitness goals?

Sometimes, just getting started is the hardest part. The thought of entering an exercise facility and trying to teach yourself how to use all the equipment can sometimes be confusing and even intimidating! Am I doing this exercise correctly? Am I working out the proper muscles in the proper order? It's enough to make anyone quit before they even begin!

That's where we step in. Your personal trainer will teach you how to exercise correctly and safely so you get the most out of your workout. No more intimidating environments or careless injuries due to lack of proper form- we have you covered! Your trainer will provide you with the guidance, motivation and education to ensure you establish healthy and effective exercise patterns right from the beginning.

We can create specialized programs for people of all ages and all fitness levels, so contact us today for your free consultation.

Send us an email at [info@optimumfitnessomaha.com](mailto:info@optimumfitnessomaha.com)

## Not getting results?

It's common to feel like the amount of effort you're putting in is not matching the reward. Your personal trainer will build your program and show you how to get results more effectively and in less time. Your trainer will provide you with a brand new exercise regime that will take you to a higher level of fitness and health. Your personal trainer will make the difference between a great workout and a "ho-hum one."

## Having difficulty sticking to your program?

One of the many reasons people quit working out is boredom. At Optimum, we guarantee no two workouts will ever be the same. We believe in engaging you in fun and creative ways, motivating you to achieve your fitness goals. One of our favorite fun and creative workouts is the "Ping Pong Workout". If ping-pong isn't your thing, just let us know and we will design a program that keeps you engaged and excited to come back time after time.

## Are you an athlete working towards peak performance?

Whether you're working towards a college athletic scholarship, trying to reach the big time or just a weekend warrior hoping to run a marathon, we can help! Let our trainers help you achieve you peak physical condition.

## Suffering from an injury?

An injury can really set you back. You have the choice of doing nothing or taking an active role in feeling better. Your trainer will work with you and your health care professional to develop a safe rehabilitation program that will have you back in the game sooner!

We offer programs for people of all ages and fitness levels. Don't see what you're looking for here, just give us a call (contact us link) or shoot us an email and receive your **COMPLIMENTARY PERSONAL TRAINING PASS.**