

Jenny MacLean's Fitness Column #9

✘ by Jenny MacLean

One to one personal training or group exercise?

*When starting a new fitness regime it's important to pick the most effective format for **you**. These pointers will help you decide whether one to one personal training or group exercise might suit you best:*

One to one:

Geared entirely to your fitness needs

Sessions take place at a time which suits you and having made an appointment means you are more likely to attend

Privacy and trust allow you to be open about your fitness concerns and help build your confidence

Accountability – having agreed goals with your trainer provides an added incentive to exercise between formal workouts

Variety – your trainer will introduce you to a wide range of equipment and different work-outs to try

Can also include advice on nutrition and lifestyle

Group exercise:

Sociability – you can exercise with friends and have a laugh

Anonymity – the bigger the group, the less noticeable you will feel

Commitment – less is required from you and large classes are

normally drop in

Music – group classes make dance based formats more viable and fun

Lower cost – allowing you to attend several classes

If you're super motivated, you **can** go it alone. But you could find that you will have more success in achieving your fitness goals if you work one to one with a trainer, or attend group classes.

This is the ninth of Jenny's fitness columns for The Edinburgh Reporter. We hope it helps you to achieve your fitness goals!

You can contact EnergyWise by [email](#) or you will find them here:-

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