

Hiring a Personal Trainer for Seniors Checklist

Thrive @ Home Network – Personal Wellness & Support

Initial Considerations Checklist

☐ **Identify Goals and Needs**

- Do you want to improve balance, strength, mobility, endurance, or overall health?
- Are there any medical conditions that require special attention?

☐ **Get Medical Clearance**

- Consult your doctor before starting a new exercise routine.
- Request a list of any physical limitations or precautions.

☐ **Decide on Format**

- In-home personal training, virtual sessions, or at a local fitness center?
 - One-on-one, small group, or partner sessions?
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Research & Screening Checklist

☐ **Verify Senior Fitness Credentials**

- Look for trainers certified in senior fitness (e.g., NASM Senior Fitness Specialist, ACE Senior Fitness, ACSM).
- Ask about specific experience working with older adults.



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☐ **Request References and Reviews**

- Ask for testimonials from other senior clients.
- Check reviews on Google, Yelp, and local directories like Thrive @ Home Network.

☐ **Ask About Background Checks & Insurance**

- Confirm the trainer has liability insurance.
 - Check if they've passed a background check, especially for in-home sessions.
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Interview Checklist

☐ **Ask About Training Style**

- Do they use gentle strength training, low-impact cardio, flexibility work, or fall prevention techniques?
- How do they adapt workouts for people with mobility or cognitive issues?

☐ **Discuss Communication Style**

- Are they patient and clear when giving instructions?
- Are they comfortable working at a slower pace?

☐ **Talk About Schedule and Cost**

- Are they available at your preferred times?
 - What is the cost per session? Are there discounts for packages?
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First Sessions Checklist

☐ **Start with a Trial Session**

- Observe how they interact with you or your loved one.
- Assess comfort level, safety awareness, and attention to form.

☐ **Review the Plan Together**

- Ensure they've created a tailored fitness plan based on health needs and



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goals.

- Look for progress tracking and flexibility to adjust as needed.

☐ **Monitor Progress and Satisfaction**

- Are you seeing improvements in strength, mobility, or energy?
 - Is the trainer supportive, motivating, and reliable?
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Ongoing Safety & Well-being Checklist

☐ **Regularly Update Your Doctor**

- Share any changes or concerns from your training sessions.
- Report any pain, dizziness, or injuries immediately.

☐ **Evaluate Every Few Months**

- Are you still meeting your goals?
 - Is it time to change trainers or adjust the routine?
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