

Background Research

Finding the right coach can be hard sometimes especially in the fitness industry when anyone can become a coach. This can lead to people encountering wrong coaches who do not know what they are doing and can jeopardize or damage a client's health. Some things to consider when finding a coach are to know what their method of diet is. People should be aware of coaches that give "cookie-cutter" diets to their clients rather than diets that fit to the client's lifestyle and specific goals. Many times, people also just look at coaches based on their pictures of looking "shredded" through Instagram posts. People should not hire coaches based off on looks but rather, they should do research on the coach and pictures of their clients and see how successful they were with previous clients. It is also important to know key aspects of the coach's program. For example, do they do long hours of cardio, water depletion, or no carbs. Signs of these are red flags of inexperienced coaches. Also, knowing the rates of the coach is important as well. Communication with a coach is key as well. Knowing how well a coach can respond to a text or email is crucial for clients. People should also look into a coach's educational background. Anyone can pass the NASM or ACSM test, but if a coach has an educational background, they are more likely to have a solid background in the science related to the sport of bodybuilding.

Works Cited

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