

**With the instruction of a certified personal trainer, you can ensure you are setting realistic goals, forming good fitness habits, and performing exercises safely, efficiently and at a proper intensity based on your goals.**

**Here are the top five reasons why individuals choose personal training services:**

- **To improve overall fitness**
- **To reach or maintain a healthy weight**
- **To motivate you to stick to your fitness plan**
- **To focus on your unique health concerns**
- **To find the right way to work out for you and your goals**

**For further questions or inquiries, please email [FBrecreation@dextara.com](mailto:FBrecreation@dextara.com)**