

RDHEALTH

You **Can** Afford a Personal Trainer

GRAB A FRIEND and sign up for small group training, now available at most health clubs.

The benefits It's cheaper than individual training for an equally good workout. And you get the personal attention of a trainer with the camaraderie of a class, says Amber Efé, a New York City fitness professional.

What to expect Some trainers start buddies on different exercises in a circuit and rotate positions; others coach everyone as they do the same moves. A good instructor will set reasonable goals and teach you



how to exercise between sessions.

Find a trainer Ask at your gym, or search ideafit.com. Check for certification and ask for references.

Create a group Have a trainer pair you up, or pick same-sex partners who are near your fitness level. Limit groups to three to five for safe and efficient training, says Kathie Davis of the IDEA Health & Fitness Association.

KENRYA M. RANKIN