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What your personal trainer wants you to know (but doesn't know how to tell you)

By Dilvin Yasa · 3 days ago



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They're shouting at you to drop, run and "give me 20", but what's really going through a trainer's mind during those sweat-filled sessions?

I know when you're lying

Think you can get away with having the odd cheat day (or weekend)? Ricardo Riskalla of **Ricardo Riskalla Training** says a good trainer will always know the truth - no matter what you're saying.

"An experienced trainer can pick up lies a million miles away and one way I can confirm this is by measuring my clients at every single session," he says. "This creates a good relationship between client and trainer because at the end of the day, no one can cheat numbers."

Stop eating so much junk and expecting to get results

Making up for your not-so-great diet with exercise? **Mike Webby** is going to stop you right there.

"Trying new fat training styles and diets and chasing that summer body is not sustainable and usually not much fun," he says. "Unless people are willing to accept and understand the damage they are causing their body internally and externally through poor food choices, they'll continue repeating this vicious cycle."

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It's not just about training, but about being a decent person

You're there to train and get results, but Ben Lucas, director and co-founder of **Flow Athletic**, wants to remind you that you're not the only person within that space.

"It's always sad to see someone who just blatantly ignores everyone around them, or just isn't warm to others," he says. "We are all about community at Flow Athletic and we want people to feel comfortable and relaxed in the studio so just smile, say hello and be nice to everyone."

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Don't tell me you haven't had time

Been too busy to follow your prescribed diet or exercise regime? Camilla Bazley of **Coach Camilla** says you're only cheating yourself.

"No one has time, but we can all make time - it's a matter of priority, not circumstance," she says. "Believe me, if you have time to feel down on yourself about how you feel physically and emotionally, then you have time to nourish yourself with the best nutrients you can get."

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Step away from the scales

Most of us have a set of scales at home, but Webby is not a fan.

"To me, your weight is just a number, and it's how you feel in the mind, body and soul which should be your biggest indicator of what you need," he says. "I know a lot of people who are in ridiculous shape with abs on abs, but they're still not happy with themselves - either because of the number they're seeing on the scales, or because they have body dysmorphia which is on the rise."

You are not me. You are not them. You are YOU

If Bazley had a dollar every time she heard clients comparing themselves to others, she'd probably be sitting around managing her wealth by now.

"To be frank, this really frustrates me as a trainer and coach," she says. "It's important for clients to realise that what works for one person won't work in the exact same way to the person standing next to them. Comparison can be the biggest way to create self-doubt."

Her advice? "You do you and be the best version of yourself."

Exercise is not as important as diet

For those thinking they can just run off that large bowl of pasta, Riskalla has news for you.

"Eating is the most important part of the health equation," he says. "People are always trying to say the correct ration is 80 per cent diet and 20 per cent exercise, but in my opinion, it's 100 per cent diet."

Exercise is important in that it strengthens the body, corrects posture and changes body shape, but diet is the solution for weight loss, he adds.

Show up on time

Sure, you're paying your trainer for their time, but they want to give you the best and they want to help you achieve your goals, says Lucas.

"It's poor manners unless you've flagged it in advance, so show up on time so we can give you the full session, not only the highlights." Turning up early or on time to commitments you've made benefits both parties.

Activewear is not going to help you get results

And for those who think investing in expensive active wear to 'look the part' is going to help them in any way, Krystal Guthrie from **ZADI Training** is going to break it down for you.

"You're not going to get results by turning up to our sessions in active wear and lifting the same weights each time," she says. "You need to push for progression otherwise nothing changes." And it really doesn't matter what you're wearing when you're doing exactly that.

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