

Looking for Participants!



# Personal Training Research Study

Our study is looking at the discrepancies between personal trainers' perceptions of their clients abilities and reliance on their assistance and client's perceptions of their own abilities and reliance on assistance from their trainer.

This information could better our understanding of how to improve the promotion of physical activity in proxy-led exercise situations.



If you have never used a personal trainer and are over 18 years of age, we are looking for you!

- participate in 5 personal training sessions at your own skill level
- complete brief questionnaires
- receive a \$75 discount towards your purchase of 5 sessions



Thank you very much for you time and consideration. If you are interested in participating and want more information please contact:

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