



Personal Trainers: Tips for Working with Mums

Mum's are tough, busy, emotional, overwhelmed, tired and strong. Choosing you as her personal trainer, she's spending her precious few kid-free minutes with you. You gain a client who will give it their absolute best. She has more than her own opinion on the line, being a shining example to her kids is a mum's dream.

Here are eight tips for you to help her fulfill that dream:

- 1** Ask if she have seen a Women's Health Physiotherapist (WHP) . WHP's have experience and specialist training to work with pre- and post-natal women. Addressing issues such as abdominal separation and pelvic floor weakness is their domain. Checking if a mum's body is ready for exercise is vital to looking after her health. If she hasn't been to a WHP, suggest she does so before your first meeting.
- 2** Get the right qualifications for training post-partum women. Knowing and understanding pelvic floor and core muscle problems is a must for working with a mum. No matter when she had her baby. Get the extra qualifications to help your client perform safe exercise. Contact **Jen Dugard** a Fitness Specialist with a unique program developed for working with pre- and post-natal women.





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- 3** Get to know you're her kid's names, and ask her what sort of day she has had. Did little Billy throw his cereal all over the floor this morning? You can channel her frustration into the punching bag. If she burst into tears before a session, remember mum's must hold it all together in front of their kids. It could be about a girl bullying her teenage daughter every day. Or her son starting school and refusing to go every morning. We carry our kid's emotions along with our own, help us direct it into our workout.
- 4** Find a subtle way to check where her head space. A frazzled mum could miss half of your instructions and make mistakes because she's not focusing. Take the time to help her compose herself. Reminding her to focus on breathing during the warm up is a great way to clear her mind. Prompt her with a casual comment: "Here's a basket for your belongings, you can dump all your worries in there too." Remember to smile as you say it, she needs a reminder that everything is okay. Do it with a frown and she's likely to feel judged, not reassured.
- 5** She needs long and short-term goals to stay committed. Send her a copy of the attached template before your first session to discover what they are. Knowing why she wants to get stronger is a powerful motivator.





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Mum's are time-poor, many won't have two hours to train. Some can only find 15 minutes in their day for a workout. Have an open and honest conversation about her time limits. Could she trade something else for time to exercise? Scrolling through social media or watching one less TV show. Determine the amount she is willing to commit to then create a program within that time frame. Give her a 1-hour workout when she can only spare 30 minutes? She won't be coming back. This tip applies to all your clients.

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Mum's spend a chunk of time with kids ignoring them, this creates a backlog of frustration. When an adult doesn't pay close attention to what she is saying, it comes across as the ultimate insult. (It also makes us associate your listening skills with a five-year-old). Pay close attention to what she says, and take notes. You might be the first person who has listened to her that day.

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Never assume that a stay at home mum has loads of time on her hands. Imagine having a mini version of yourself by your side all day, and sometimes all night. Imagine they need you to do almost everything for them. Imagine they are with you in the shower, on the toilet...everywhere you go... they are closer than your shadow and just as helpless. A stay at home mum loves her kids, but she also craves a teeny, tiny bit of time away from them. Her days are as full and as stressful as a CEO's. Show her the same respect.

Using these tips, you will gain a fantastic, dedicated client who will love training with you!





Discover Your Fitness Goals

Use the questions below to develop an understanding of your goals and how achieving them will impact on your life.

- What do you want to achieve through personal training?

- What are two things that have stopped you from achieving your goal in the past?

- What would you like to have achieved in one month's time?





Discover Your Fitness Goals

- What would you like to have achieved in six months time?

- How would you feel if you reached your one-month goal?

- How would you feel if you reached your six-month goal?

Now you are ready to begin your fitness journey!

