



AVI STEINHARDT/Courier-Post

Personal trainer Scott Shelley works with client Roy Aumiller in Aumiller's Cherry Hill home.

Personal trainers boost self-discipline

By Lorraine Agnew

When working out, it's easier to exercise self-discipline if you exercise with a personal trainer.

At least, that's what Roy Aumiller, 50, of Cherry Hill, discovered when he began working out with one five years ago.

"There's no doubt about it," agreed Scott Shelley, owner of Elite Health & Fitness Training in Cherry Hill. "We call it accountability."

Shelley, who has a staff of nine, has been a personal trainer since 1995.

Said Aumiller, "Every Monday and Wednesday, my wife and I work out together in our basement. One of the things that is really good about having a personal trainer is that you really get the specifics. He will say to bend your leg a little or move your feet. It makes it more intense."

But how do you find the right personal trainer for your needs?

Shelley recommends doing research and refers them to www.acefitness.org to view their checklist.

"Ask questions," said Shelley. "And the most important thing is feeling comfortable with the person during that first interview or consultation. It doesn't matter what their credentials are if you don't feel comfortable and confident with that person."

At Elite, the cost varies from \$55 an hour for one person, \$72 for two people and \$84 for three.

"I never do more than three at a time," said Shelley. "But, it is still one on one. You can't do a cookie-cutter routine. You have to find out what the person's strengths and limitations are and design a program accordingly."

Reach Lorraine Agnew at (856) 486-2986 or lagnew@courierpostonline.com