

Questions to ask when looking to hire a Fitness Consultant/Personal Trainer:

1) Are you a MEPA Professional member?

A MEPA Professional member must have a Kinesiology related degree from a university. All Professional MEPA members are required to have a university degree in exercise science (e.g. BA Kinesiology and Applied Health, Bachelor of Kinesiology (BKin), Bachelor of Physical Education (BPE), Bachelor of Exercise and Sport Science (BESS), MSc Exercise and Sport Science, MSc Physical Education). This ensures that your trainer has an in depth understanding in the areas of physiology, anatomy, biomechanics, exercise program design, etc. to design a safe and effective exercise program for you.

2) Do you have other certifications or qualifications in addition to your degree?

Having a "personal training" certification is not enough. There are many levels of certification available. It is important that any certification is accompanied by a university degree.

Certifications to look for may include:

CSEP (Canadian Society for Exercise Physiology – www.csep.ca)

- Certified Personal Trainer (CPT)
- Certified Exercise Physiologist (CEP)

NSCA (National Strength and Conditioning Association – www.nasca-cc.org)

- Certified Strength and Conditioning Specialist (CSCS)

ACSM (American College of Sport Medicine – www.acsm.org)

- Exercise Specialist

Certified Athletic Therapist (CAT(C)) - www.mata.mb.ca

Scope of practice for the listed certifications vary - please refer to the websites listed above for descriptions of the scope of practice.

3) Do you have current certification in CPR and First Aid?

4) Do you have liability insurance for the services you provide?

It is important your personal trainer carries liability insurance. This protects the trainer as well as the well being of the client.

5) How many years have you worked as personal trainer?

6) What do you charge? What types of packages do you offer and what do they include? Does it include a fitness assessment?

7) Do you require health screening forms to be completed prior to our first exercise session? (i.e. PAR-Q and PARmedX)

These screening tools are nationally recognized and used to ensure your safety before beginning an exercise program.

8) Are you available when I am?

9) Do you network with allied health professions such as registered dietitians, physiotherapist, physicians, athletic therapists, etc...?

10) Do not hesitate to ask for proof of university degree, certifications and liability insurance as well as references from other clients.

Mission Statement

To support and promote the role of degreed physical activity professionals in providing and advocating for optimal physical activity opportunities for Manitobans.



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