LifeStyles Personal Training Program Goals

The LifeStyles Personal Training Program at Carleton College was established to provide quality, effective, and safe exercise instruction and program design by certified personal trainers for the benefit of the Carleton community. As part of the P.E.A.R. department, we want to address the student learn outcomes (skill acquisition, knowledge, self-realization and behavioral change) they have established in our program goals below.

Our goal is that participants in the Lifestyles Program will make the following changes and develop the following skills as they work with our trainers:

- Increase physical activity, make nutritionally sound food choices, and commit themselves to a lifetime of wellness.
- Increase their physical fitness and overall health and wellness.
- Show competence in proper exercise technique.
- Demonstrate safe exercise habits (including situational awareness in the fitness center and avoiding overexercising).
- Reduce stress, improve mood, and increase general mental wellbeing.
- Work towards and meet their fitness and wellness goals.
- Continue to be able to exercise individually when they have left Carleton.