

What is a *Master Personal Fitness Trainer*?

A Master Personal Fitness Trainer (MPFT) is experienced in working with a wide variety of individuals. An MPFT has a background of scientific and practical knowledge in regards to personal training, including the physiology of sport and exercise, and the essentials of strength and conditioning. An MPFT is certified to work with people who have health issues (such as diabetes, pain syndromes, pregnancy, or chronic conditions) as well as children, seniors, and those who want sport-specific training, or team training.

An MPFT is highly recognized in the fitness industry. The skills of a Master Personal Fitness Trainer are well beyond that which you may have witnessed or experienced in the past with the average fitness trainer employed by your local gym or health club. ***An MPFT certification puts a trainer in the top 1/10th of 1 percent of all personal trainers in the industry!***

An MPFT is also certified in sports nutrition. Nutrition is arguably "80% of the battle" when it comes to reaching your fitness goals. *Don't you deserve a personal trainer who can maximize your exercise training and boost your athletic performance through sports nutrition?*

Knowing how your body uses food for fuel and the different roles that key nutrients play in making you strong and healthy is a key element in the success of your training program. An MPFT knows and understands the endless sea of information having to do with diets, fitness and exercise -- and the tremendous amount of misinformation concerning nutrition and exercise that's out there today to mislead you. A Master Personal Fitness Trainer has a scientifically-based understanding of sports and how nutrition relates to training including:

- Macronutrients - carbohydrates, fats, and proteins
- Micronutrients - vitamins and minerals; water and fluids
- Energy metabolism
- Principles of healthy nutrition
- Food effects on metabolism and energy
- Caloric requirements
- Integrating energy use and training
- Nutrition supplements
- Performance enhancing supplements
- Food label interpretation
- Individualized nutritional considerations
- Dangers of fad diets



Most people know less about nutrition than they do about exercise. It is my goal as your Master Personal Fitness trainer to guide you through a training program that includes both exercise and nutrition counseling. Visit hitektraining.com to learn more about the programs that I offer through Hitek Training. Begin your ONLINE personal training and ONLINE personal nutrition program today! If you live near Gibsonia, PA – schedule your first face-to-face class with me now!

Karen Hite

Master Personal Fitness Trainer

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