

# **Exercise Your Right to Defend Should a Lawsuit Occur**

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As a personal trainer, it may seem challenging to get clients to feel motivated to lead a healthy and active lifestyle. Many clients find motivation in taking group classes since it can push them to do their best during a workout. The motivation that comes from being surrounded by fellow classmates at the gym often helps people to work harder. For trainers, this can be a way to get clients out and exercising to motivate each other. This is an opportunity to invite clients to attend a fitness outing.

An outing for exercise can be as simple as having clients hike on mountain trails or participate in a Zumba class outside. Trainers often need to get creative with their workout activities in regards to their clients. Sometimes outdoor events that put emphasis on simply getting active can make a difference. Clients will be more likely to come to the event and participate willingly. Trainers can have outdoor events that include relay races to get clients to compete against each other in a fun, yet competitive, activity.

Although events like relay races and different field activities are enjoyable, as a trainer, you should be prepared for every outcome. During any event, whether or not it includes rough physical activity, there can be a client injury. Suppose a client became injured during an interactive relay game. If the injury is severe enough, it may require medical attention. This can leave the trainer in charge of the event vulnerable to a claim from a client. To avoid battling with a client over an injury claim, trainers should obtain insurance.

Trainers can invest in coverage that is portable. Investing in portable coverage will allow for trainers to practice anywhere they desire. A portable policy means that the policy covers the insured party no matter the location they are using to practice. In case there is any event that requires trainers to leave their gym and to train clients, the trainer will always be covered as long as they are practicing within the scope of their certifications. Exercise your right to defend yourself in the case that a lawsuit occurs. [Get your trainer insurance](#) today!