

## Assignment – Recommending the use of technology to clients template

Evaluate three current technological developments health, fitness and exercise

<b>1: Name of technology and description</b>	
<b>Advantages for clients</b>	<b>Advantages for personal trainers</b>
<b>Disadvantages for clients</b>	<b>Disadvantages for personal trainers</b>
<b>2: Name of technology and description</b>	
<b>Advantages for clients</b>	<b>Advantages for personal trainers</b>
<b>Disadvantages for clients</b>	<b>Disadvantages for personal trainers</b>
<b>3: Name of technology and description</b>	

<b>Advantages for clients</b>	<b>Advantages for personal trainers</b>
<b>Disadvantages for clients</b>	<b>Disadvantages for personal trainers</b>
<b>Technology to recommend to client</b>	
<b>Email to client</b>	