



PERSONAL TRAINING

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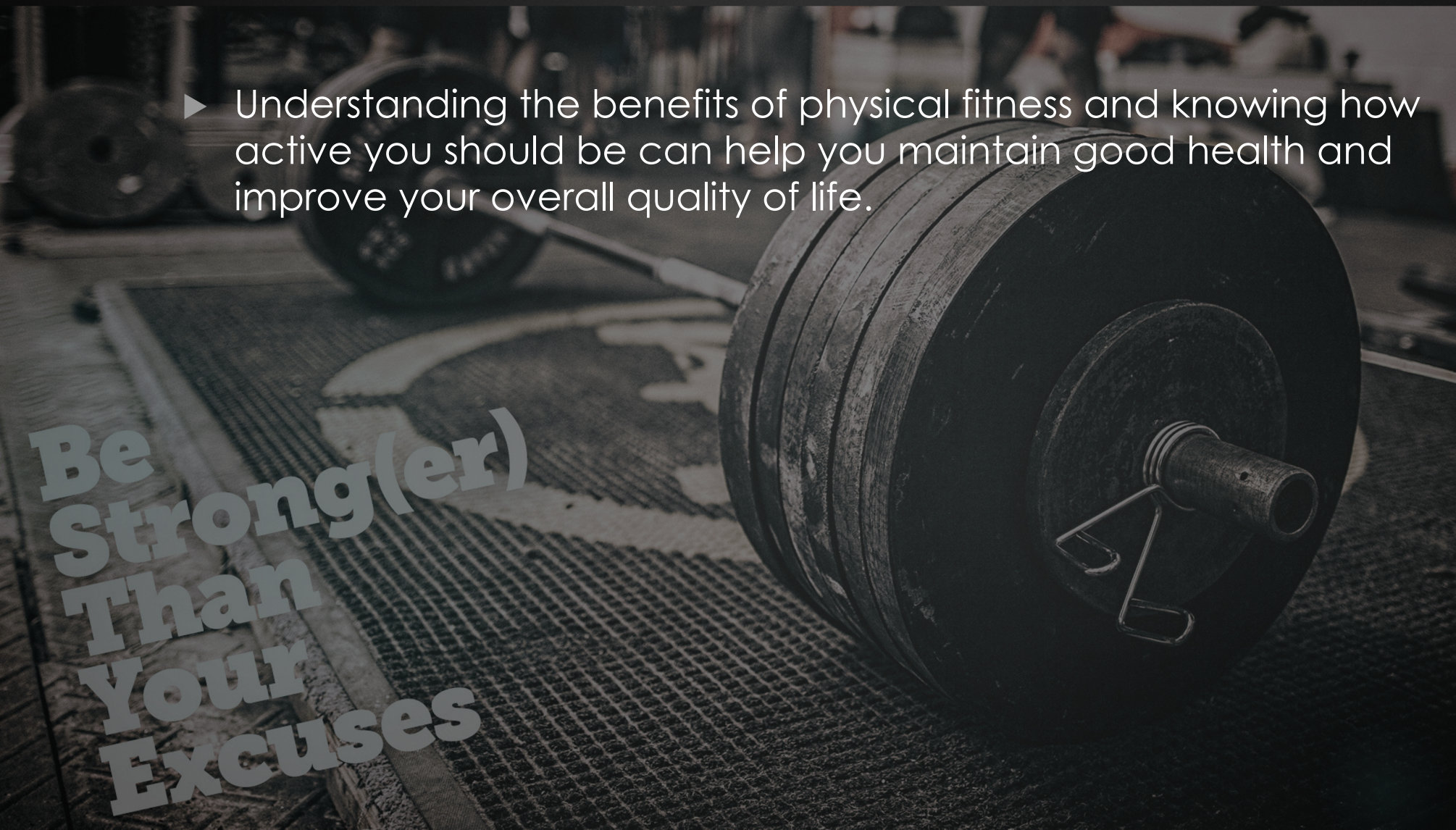
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ACADEMIC AND EMPLOYABILITY SKILLS (ACE)

Why Fitness and Personal Training?

- Understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life.

**Be
Strong(er)
Than
Your
Excuses**



WHAT EXACTLY IS A PERSONAL TRAINER AND ROLES OF PT'S

- ▶ a personal trainer is a certified individual who works on a 1-to-1 basis with a client to help them achieve their fitness goals
- ▶ they instruct, inspire and motivate individuals and small groups with tailored exercise programmes that deliver their personal goals building positive long term habits.

YOU DON'T GET WHAT
YOU WANT
YOU GET WHAT YOU
WORK FOR



RESPONSABILITIES

- ▶ Conduct fitness assessments with new clients
- ▶ Carry out 1-on-1 training sessions with clients
- ▶ Tailor programmes to client's specific needs and identifying goals
- ▶ monitoring your clients' progress
- ▶ providing advice to clients on health, nutrition and lifestyle changes
- ▶ creating and maintaining positive, professional and trusting relationships with clients
- ▶ acting as a positive role model for all clients

SKILLS

- ▶ the ability to inspire clients
- ▶ a friendly and outgoing personality
- ▶ a love of health and fitness
- ▶ a good understanding of the human body and nutrition
- ▶ excellent people skills to enable you to work with a range of individuals with different backgrounds and motivations
- ▶ excellent time keeping and organisational skills
- ▶ high levels of enthusiasm and drive
- ▶ problem solving and stress management skills
- ▶ the ability to deliver a high level of customer care



THANK YOU FOR BEING HERE
TODAY. I REALLY APPRECIATE THAT
YOU TOOK THE TIME TO BE HERE
AND LISTEN TO MY PRESENTATION.

- ▶ PLEASE FEEL FREE TO ASK IF YOU HAVE ANY QUESTION
- ▶ WHY NOT SIGN UP TODAY?