



Free Guide – Does a Career In Fitness Suit You?



Introduction

Welcome to The Fitness Institute! Thank you for downloading our free guide *'Does a career in fitness suit you?'* We designed this EBook to help you decide whether becoming a Personal Trainer would be a good fit for you!

Over the past decade there has been a huge increase in public awareness of health and fitness. This has led to many opportunities for those who want a career change or want to follow their dream in the health and fitness industry. There is a huge demand for Personal Trainers to guide everyday people into achieving their health and fitness goals in a safe, intelligent and controlled manner. The Fitness Institute provides its students with the necessary tools in reaching their goals through our globally recognised qualifications.

However it's not for everyone. We can train you to the highest level in the knowledge and techniques required for the job, but we only want to take you on if you have A REAL PASSION FOR FITNESS.



TFI Evaluation Kit Includes:

1. Test Your Readiness - Questionnaire
2. Personal Trainer - Job Description
3. The Top 5 Characteristics Of Great Personal Trainers
4. Your 5 Step Plan
5. Taking The First Step

Questionnaire

If you have not taken our in depth evaluation online we recommend you go to our website and do so. This questionnaire below will gauge if you are ready to become a Personal Trainer.

1. Has exercise been part of your life for two years or more?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are you often asked questions by your family/friends about effective exercise techniques?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3. Does Job Satisfaction for you come mostly from helping people?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4. Do you read publications on Exercise and/or Nutrition online or in magazines?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5. Do you currently exercises more than 3 days per week?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6. Do you go out of your way to share your enthusiasm for fitness with others?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7. Do you know a considerable amount about various forms of exercise?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8. Do you have a moderate knowledge in the area of Nutrition?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9. Do you consider yourself to be in good/excellent shape?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10. Do you consider fitness to be a cornerstone of your general health & wellness?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Results

If you answered YES to:

8 or more	You are ready! Think about enrolling right away. info@thefitnessinstitute.ie
5 - 7	You're a very likely candidate. Keep reading to make sure
4 or less	Our students have various reasons for completing the Personal Training course. From improving health of their families to their own personal interest. Remember what it was that brought you here

Personal Trainer - Job Description

As a Health & Fitness Professional, you'll work with clients to assess their strengths and weaknesses and then design an exercise program to improve their physical fitness. You'll motivate clients by setting goals and targets and provide feedback and accountability. You'll instruct them with proper technique on exercises. You'll also educate clients in other aspects of wellness besides exercise, including general health and nutrition.

As a Personal Trainer, you aren't necessarily restricted to one particular venue. You might work in a gym, in your home, in your clients' home or even outdoors like the local park.

You might choose to specialize in a certain training type, training philosophy, performance type, exercise modality, or client population. The Fitness Institute teach our students to design programs that utilize strength training, cardio, flexibility and nutrition strategies to optimize results.

Our Students



"Anyone thinking of doing a course with the Fitness Institute should do it! The tutors are amazing, facilities top class and you really feel like you're learning from the best in the industry" - Siobhan O'Hagan



"If you are like me and love working out and helping others, this course is for you! I put a lot of time into researching all the courses in Dublin and no one comes close to what The Fitness Institute offers. I am now in the best shape of my life and ready to pass this information on to others." - Shane Ryan



"The environment, top class lectures and learning skills taught have really exceeded my expectations, there is no limit to the help, mentoring and tutoring. We are surrounded by it and feel totally part of it from day one." - Tonya Grace



The Top 5 Characteristics Of Successful Personal Trainers

Personal Trainers come in all shapes and sizes, but there are certain characteristics that we believe make stand out from the rest. Which of these traits do you identify with most?

1. Passion for fitness

Do you look forward to the gym? Spend hours researching the best techniques? Live to squat, press, lift or swim, bike, run? You're not alone. So do we. The Fitness Institute tutors and students all share a deep love of fitness.



2. Desire to help others

There is no better feeling in the world than helping someone achieve his or her goals. Especially when you are completely transforming an individual and adding years to their lives. This is something that will make you jump out of bed every morning and go that extra mile to help each individual client. You can't teach this in the classroom and is what makes the best Personal Trainers so successful.



3. Personal transformation

Many of our students have personally experienced the transforming power of fitness and they want to share this amazing journey with others. Nothing is more effective than a trainer who has been there and knows the struggle people can go through. Whether it is trying to lose weight or preparing to compete at a bodybuilding show. Personal Trainers who have the experience will always appeal to clients looking to go on that same transformation.



4. Sociable

There are no two ways about it you'll be working closely with people. You'll need to form good relationships with your clients to get the most out of them and make sure they keep working with you.



5. Motivating

You know that changing your body or meeting a challenge takes commitment. A Personal Trainer that brings needed enthusiasm and support when the going gets tough is key to permanent gains. Whether it is weekly motivation reminder texts, Facebook posts or helping them get that one extra rep or run that one extra mile is what will separate the average Personal Trainers from the most Successful.

Your 5-step plan

1. Got any questions?

Talk to our expert team.

Call us 01 531 0534

Email us info@thefitnessinstitute.ie

2. Visualize your future

Do you want to work for an organisation? Work for yourself? Just want to know what trainers know? You can change your mind at any time, but you will feel more secure with a goal in mind. If you decide to get a worldwide certification with the Fitness Institute, you'll get exclusive information that will direct you in your career path or get your business up and running with paying clients.

3. Find Your Niche

For most of our students it's a learning journey. But if you are already interested in a specific training method (e.g. powerlifting, bodybuilding, weight loss, cross fit, sports & conditioning, etc) that is your niche and something we want to help you become an expert in which in turn will increase your number of clients and income. Don't become another average Personal Trainer, become the best at what you love.

4. Practice What You Preach

If you are going to get clients and help them reach their fitness goals it is vital that you start practicing what you preach. Now is the time to get into the best shape of your life. Your physical appearance will have an affect on a potential client deciding whether or not to hire you. Get social, let your friends and family know this is something you are really interested in and something you have a passion for.

5. Get Started

There is never a right time to start. Most of our students tell us they wish they became Personal Trainers years ago. With our flexible payment plans and part time courses nothing can hold you back from pursuing a career in the fitness industry... if you want it enough.

Taking The First Step

The next step you can take right now! If you are determined to become a Personal Trainer then don't delay, get started today! Every day you wait is another day you didn't follow your dreams. Take the first step.

Schedule a FREE Personal Tour Today by emailing or calling us.

If you haven't quite decided, what's holding you back? We are happy to answer any and all questions and give you advice on your future.

Talk to our team.

info@thefitnessinstitute.ie

01 531 0534