

BE A PERSONAL TRAINER

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What is a Personal Trainer?

What is a personal trainer, you ask? Depending on their approach and demeanor, personal trainers are part-coach, part-mentor, part-friend and even part-drill instructor at times. What remains constant is their goal, which is to oversee an individual's fitness program in a fitness facility or private setting.

[How To Become A Personal Trainer - bodybuilding.com](#)

Personal trainers have flexible hours, do what they love, and get to help individuals achieve their fitness goals and feel their best. Once you've made the decision to pursue a career in personal training, keep in mind that you have to invest a fair amount of time and money in order to be successful, as is true with most things in life.

[How to Become a Personal Trainer: Study Programs ... Certification 101](#) How to become a personal trainer. With a rising interest in achieving healthier lifestyles, due in part to greater awareness about the obesity and chronic disease epidemics, more people are being drawn to careers in health and fitness.

[How to Become a Personal Trainer: 11 Steps \(with Pictures\)](#)

To become a personal trainer, you'll need to be in optimal physical shape since your clients will look up to you as a role model. You should also work on your leadership skills, which you'll need in order to inspire your clients and help them work through their pain and frustration. You might want to hire a personal trainer yourself so you can see what the job is like and determine if you have

[What does a Personal Trainer do? \(with pictures\)](#)

A personal trainer is usually a trained and certified professional who helps people meet fitness and exercise goals. Some trainers work with amateur or professional athletes who want to enhance their performance and may be called athletic trainers.

[10 Reasons to Consider Hiring a Personal Trainer](#)

An experienced personal trainer can be a huge help if you're into a specific sport or your training for a coming event. Whether you're a golfer, a runner, or into cycling, there's likely a trainer out there who can help you up your game.

[The Role of a Personal Trainer - National Federation of ...](#)

A good personal trainer delivers safe, effective, fun and interesting workouts to all fitness-training clients. The training programs you develop should be varied and progressive, and geared toward improving your clients

health and wellness.

Become a Personal Trainer in 8 Simple Steps - Verywell Fit

Becoming a personal trainer can be your career choice if you love fitness and helping others achieve their goals. As a fitness enthusiast, you've probably already done unofficial personal training over the years.

Video clip hay How To Be An Awesome Personal Trainer ...

How to put together an awesome personal training resume for your first job!

10 things no one tells you before you become a personal ...

The majority of people who want to become personal trainers are either fitness enthusiasts or former teenage sports players who now want to make a career helping others get in shape. They begin

How to Become a Personal Trainer | National Academy of ...

In 10 to 12 weeks you could be an NASM Certified Personal Trainer setting your own hours and enjoying the job security of working in an industry that's expected to grow more than 16% through 2020 3.