

## Personal Trainer

Sport, Exercise & Leisure Industry  
Salary: £10,000 - £40,000 / £15-£30 per hour

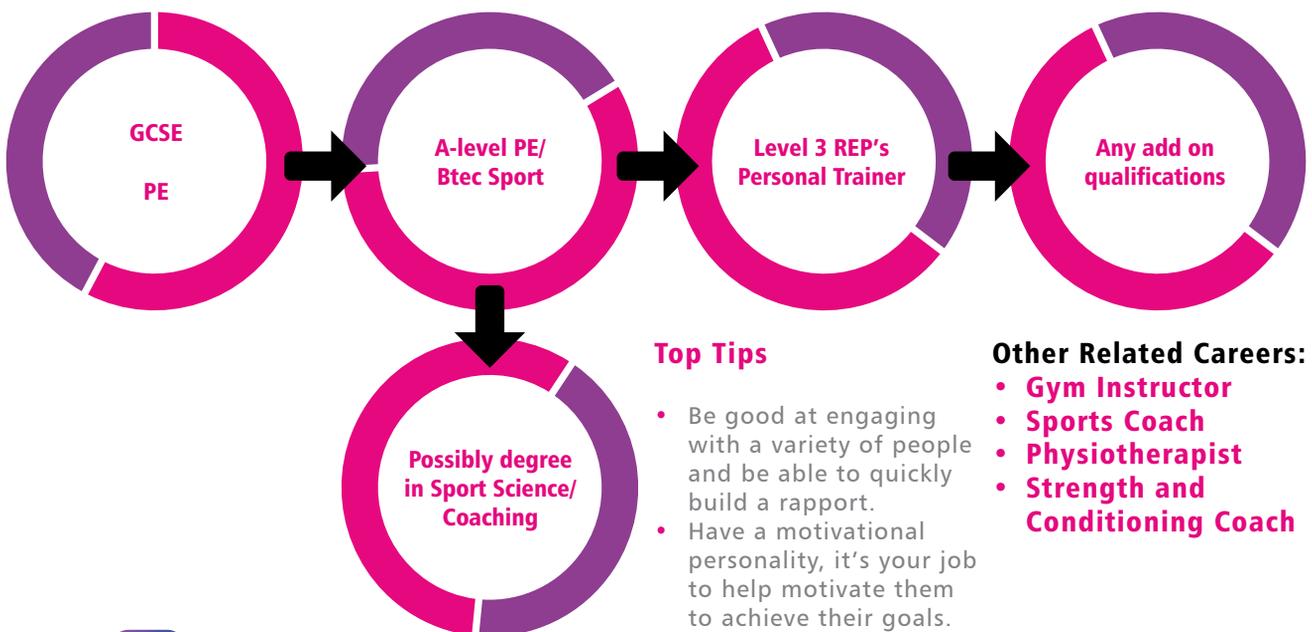
### FUN FACTS

- Ever wondered how Thor came to look like a god, well he had a very good personal trainer.
- Many celebrities have personal trainers, Beyoncé can't do everything herself you know.
- You can work flexible hours to suite you as you are your own boss and arrange your schedule and bookings.
- Could also be done alongside another job for some extra spending money.

Work 1-1 with clients from age 16-99, of differing abilities with different health and fitness goals. Your aim is to help them towards achieving these goals by designing and taking them through workouts and providing them with basic and current nutritional advice. You could be working in a gym, in a park or in your client's house. With some easily obtained add-on qualifications you could also be teaching classes such as boot camps, Zumba and spin classes. You can also eventually work with special populations including people who have suffered heart attacks, have diabetes or have just given birth.



### What to do to get into this career...



#### Top Tips

- Be good at engaging with a variety of people and be able to quickly build a rapport.
- Have a motivational personality, it's your job to help motivate them to achieve their goals.

#### Other Related Careers:

- **Gym Instructor**
- **Sports Coach**
- **Physiotherapist**
- **Strength and Conditioning Coach**



**Tw:** @MedicMavericks  
**Inst:** @medical\_mavericks  
**FB:** Medical Mavericks



Check out **MedicalMavericksTV** on YouTube for loads of amazing videos on science and the body.