



Becoming a Personal Trainer For Dummies

Melyssa St. Michael, Linda Formichelli

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Becoming a Personal Trainer For Dummies Melyssa St. Michael, Linda Formichelli

Want to turn your passion for fitness into a lucrative career? Each year, more than 5 million Americans use personal trainers to take their workouts to the next level—and this plain-English guide shows you how to get in on the action. Whether you want a part-time job at the gym or a full-time personal training business, you'll find the practical, proven advice you need in this indispensable resource.

Becoming a Personal Trainer For Dummies is for you if you want to become a certified personal trainer and start your own business—or if you're a certified trainer looking to improve upon your existing practice. You get a thorough overview of what it takes to get certified and run a successful business, complete with expert tips that help you:

- Find your training niche
- Study for and pass certification exams
- Attract, keep, and motivate clients
- Interview, hire, and manage employees
- Update your training skills
- Expand your services

This user-friendly guide offers unique coverage of personal trainer certification programs, including tips on selecting the right program and meeting the requirements. You'll see how to develop your training identity as well as practice invaluable skills that will make you a great personal trainer. You also receive savvy guidance in:

- Choosing the best fitness equipment
- Creating a business plan, a record-keeping system, and a marketing campaign
- Performing fitness assessments
- Developing individualized exercise programs
- Advancing your clients to the next fitness level
- Managing legal issues and tax planning
- Offering additional services such as massage and nutrition consultation
- Training clients with special needs

Complete with ten great starter exercises and a valuable list of professional organizations and resources, *Becoming a Personal Trainer For Dummies* gives you the tools you need to get the most out of this fun, fabulous career!

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From reader reviews:

Michael Duckett:

Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled Becoming a Personal Trainer For Dummies can be very good book to read. May be it might be best activity to you.

Dorothy Jaramillo:

The actual book Becoming a Personal Trainer For Dummies has a lot info on it. So when you check out this book you can get a lot of gain. The book was compiled by the very famous author. This articles author makes some research prior to write this book. This book very easy to read you can obtain the point easily after perusing this book.

Irma Hughes:

This Becoming a Personal Trainer For Dummies is brand-new way for you who has fascination to look for some information given it relief your hunger of information. Getting deeper you into it getting knowledge more you know or else you who still having bit of digest in reading this Becoming a Personal Trainer For Dummies can be the light food for you personally because the information inside this book is easy to get simply by anyone. These books produce itself in the form and that is reachable by anyone, sure I mean in the e-book web form. People who think that in e-book form make them feel tired even dizzy this book is the answer. So there isn't any in reading a e-book especially this one. You can find actually looking for. It should be here for a person. So , don't miss the idea! Just read this e-book kind for your better life and knowledge.

Opal Moffett:

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