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Becoming a Personal Trainer For Dummies (Paperback)

By Melyssa St. Michael, Linda Formichelli

John Wiley & Sons Inc, United States, 2004. Paperback. Condition: New. Language: English. Brand new Book. 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...


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-- Beverly Hoppe

Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my mom and dad suggested this ebook to discover.

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