

Interested in becoming a Personal Trainer?

Personal trainers plan individual training programmes for customers to help them to achieve their personal health and fitness goals. A career as a personal trainer can be both financially and personally rewarding, it gives you the chance to be your own boss and also to build your career around your life.

Find out more about what the job is like



Working hours

Your working hours will depend on your customer's availability. This may often mean working evenings and weekends. You can choose to be self-employed, which could involve renting space in a gym, setting up your own gym space, or visiting customers in their own homes or gyms.

Salary

There are no set salary scales and earnings depend on location, number of customers and on whether the trainer is self-employed or works for a gym. The average salary for this position will depend on location but potential earnings for a self-employed instructor range between £30 and £45 an hour. Full-time personal trainers can earn up to £40,000 a year.

Qualifications needed

CYQ Level 3 Certificate in Personal Training

To find out more about becoming a personal trainer visit www.cyq.org.uk/qualifications



Victoria Brown



I currently work as a Personal Trainer and a Coordinator for the Positive Health Scheme at the Central YMCA club. I also teach various exercise classes including spinning, circuits and supple strength. Amongst my current qualifications are the Certificate in Personal Training, the Certificate in Fitness Instructing – Exercise to Music as well as specialist ante/post natal exercise and exercise referral qualifications.

Why did you decide to pursue a career in health and fitness?

After running a couple of half-marathons and marathons I became very interested in how appropriate training could help my fitness. Friends and family asked me for advice about their training which convinced me to change career and combine my passion for exercise with an occupation.

What skills/qualities do you need to be a personal trainer?

One of the most important skills needed to be a personal trainer is good communication and listening skills. Being organised and having excellent planning skills are essential but you also need to be adaptable as situations with clients can often change. You need to be professional at all times, have good time management skills and be attentive to your client needs.

What do you enjoy most about your job?

The most rewarding part of my job is to see the change that occurs when people start to exercise effectively for the first time. I love being able to provide motivation and advice for people to help them to accomplish their personal goals.

What advice would you give to someone looking for a career in the health and fitness industry?

Be very flexible and make sure that you keep up to date with the latest industry trends. Look to add to your initial qualifications to make sure you progress quickly and become more employable. There are many specialist areas in the health and fitness industry so it is important to know what your strengths are and more importantly what you like doing.

Would you recommend CYQ qualifications to others?

All my CYQ qualifications have provided me with the knowledge and confidence I've needed in my career. I would not hesitate to recommend them to others.