



**Personal Training**  
Academy



## FITNESS CAREER CHANGE BLUEPRINT

More than 4 million people participate in fitness industry activities each year and that number shows no sign of slowing down! Many of these people will want to work with Personal Trainers. So if you are considering taking the leap of faith and becoming a PT there will be plenty of opportunities for you.

But change can be challenging and having a blueprint to facilitate that change can empower you to move towards your goals with direction. This blueprint will guide you through that process from considering becoming a PT, all the way through to getting certified.



## DECIDE IF A CHANGE IS RIGHT FOR YOU

All too often people think about changing careers after a few bad days or weeks at work, changing to a career in fitness from another occupation is a big step that should be considered thoroughly. Is this truly something you want to do?

When you imagine yourself working as a PT, dealing with clients, (some good, some bad) writing programs, waking up before 6 am most days of the week, does this idea energize you or is it more of a “Ho Hum?” If it gives you energy that’s a good sign, if you find yourself thinking about this change most days, then its time you take the next step.



## WHAT TYPE OF TRAINER DO YOU WANT TO BE?

There are many different styles of training from traditional bodybuilding to functional training, which includes using tools like the [TRX](#), [SandBells](#) and Kettlebells. The trend in the industry now also deals more with [Behavior Change](#), which focuses on using exercise to help create positive behaviors.

There are also numerous types of clients you could work with, from executive, to athletes, to new mums, who would you like to work with? Consider if you want to work in a gym, outdoors in a boot camp, in a private studio? Start to visualize what your ideal day, as a PT, what would that look like?

Where would you be, who would you be working with and what types of results would they expect from working with you? Getting really clear about your ideal workday will help you decide on the best certification for you.

## GETTING QUALIFIED

In Australia to conduct Personal Training services you will need a Certificate IV in Fitness. The [Certificate IV](#) course provides with you with extended knowledge of the human body and how to apply this knowledge to clients. Certificate IV qualifies you to own and run your own personal training business as well as work in all health club fields.

Do your research and speak to other Personal Trainers about their education experience and what they liked and disliked. Also, how will the study options fit in with your work schedule? Will you need to attend weeknights? Weekends? Online? A word of warning for courses that are “cheap and quick” they probably won't prepare you for your career and you may feel underprepared. The old adage of “you get what you pay for” rings true here. This is a career where you will be working with people and dealing with people's well being and fitness.

## CONNECT WITH TRAINERS WHO ARE DOING WHAT YOU WANT TO DO.

Check out trainers in your area who are working in the type of environment with the type of People you want to train. Hire them as your own PT so you can see things from a client's perspective. Soak up what it truly means to be a trainer, the experience, the hours worked, the challenges etc.

PTs don't mind talking about themselves and their work. Ask this key question of everyone you talk to: "If you had to do it all over again, would you take the same path?" Online research is no substitute for actually talking to [REAL LIFE TRAINERS!](#)

## MAKE YOUR MOVE

There is no time like the present! Making a career change to a Personal Trainer is not easy, but regretting not trying is far worse.

## FOCUS ON MEANING AND PURPOSE

If fitness is your true passion and purpose and you are called to do the work for the fulfilment that it brings then you will stay motivated during the transition phase, which may be a bit hectic, if you have families' work and other commitments. So always remember WHY you want to pursue this to stay motivated while you are getting qualified