



Becoming a Personal Trainer for Dummies

By Melyssa St. Michael, Linda Formichelli

John Wiley Sons Inc, United States, 2004. Online resource.
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...



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

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This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

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