

Being a personal trainer



■ What does a personal trainer do?

A **personal trainer** is a fitness professional who helps people improve their physical health, strength, and overall well-being. Their main responsibility is to create exercise programmes that match each client's goals, fitness level, and possible health limitations. Some clients want to lose weight, others want to build muscle, increase endurance, or simply stay active. A good personal trainer motivates clients, teaches correct exercise techniques, and makes sure that workouts are safe and effective. Trainers also monitor progress, adapt training plans when necessary, and often give advice about healthy habits such as nutrition, rest, and stress management. Communication skills are very important because trainers must understand their clients' needs and encourage them to stay consistent. Personal trainers usually work in gyms or fitness centres, but many also offer private sessions at home or online coaching.

■ Education and qualifications

To become a personal trainer, it is important to obtain the right education and certification. A university degree is not always required, but some trainers study sports science, physical




education, or kinesiology. These fields help students understand anatomy, physiology, and how the human body reacts to physical activity. However, many people enter the profession by completing a recognised personal training certification course. These courses teach essential skills such as exercise programming, client assessment, and injury prevention. They often include both theoretical lessons and practical training. In addition, many gyms require trainers to have first aid and CPR certification to ensure they can respond to emergencies. Continuing education is also very important, because the fitness industry constantly evolves and trainers need to stay updated with new methods and research.

■ Skills for success

Being a personal trainer requires more than knowledge about exercise. Successful trainers need a combination of technical and interpersonal skills. They must be able to demonstrate exercises clearly and correct mistakes to prevent injuries. Organisational skills are also necessary because trainers often manage multiple clients and schedules. Motivation is another crucial ability, since many people find it difficult to maintain regular exercise habits. Trainers must encourage clients and help them stay focused on their goals. Empathy and patience are essential for building trust and maintaining long-term relationships with clients.

■ Career opportunities and benefits

A career as a personal trainer offers many opportunities. Trainers can work in gyms, sports clubs, hotels, or rehabilitation centers, and some start their own businesses. Others specialise in areas such as weight loss, athletic performance, or training for the elderly. One of the main benefits of this career is the chance to improve people's lives by helping them become healthier and more confident. Trainers also often enjoy flexible schedules and an active lifestyle.

1  Say if the sentences are true or false. Correct the false ones.

- | | |
|---|---|
| <p>1. Personal trainers design exercise programmes that fit each client's goals and fitness level. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>2. Personal trainers help clients use correct exercise techniques and stay motivated. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>3. All personal trainers must have a university degree in sports science. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>4. Personal trainers may work in gyms or fitness centres. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> | <p>5. Personal training certification courses only include theoretical lessons. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>6. Personal trainers do not need to have first aid or CPR certification. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>7. Successful personal trainers need both technical knowledge and interpersonal skills. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>8. One benefit of being a personal trainer is having a flexible schedule and an active lifestyle. T F NG
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> |
|---|---|

2  Complete the table.

Personal Trainers	
1. Main responsibility	
2. Clients' possible goals	
3. Places where trainers work	
4. Field of study related to the job	
5. Important interpersonal skills	
6. Benefits of the career	



3  Read the text and fill in the gaps with the missing words.

books • nutrition • show • influential • muscle • personal • weight • habits • people • known

Jillian Michaels

Jillian Michaels is one of the most famous **1.** trainers in the United States. She was born in 1974 in Los Angeles, California. Michaels became widely **2.** for her work on the popular television **3.** *The Biggest Loser*, where she helped contestants lose **4.** and adopt healthier lifestyles. Her strong personality, determination, and motivational approach made her very popular with audiences. Jillian Michaels focuses on helping **5.** improve their physical health through exercise, balanced **6.**, and mental discipline. She believes that fitness is not only about losing weight but also about developing strength,

confidence, and healthy **7.** Her training programmes often combine strength training, cardio exercises, and high-intensity workouts to help people burn fat and build **8.** In addition to television, Michaels has created many fitness DVDs, online programmes, and mobile apps that guide people through home workouts. She has also written several bestselling **9.** about fitness, nutrition, and personal motivation. Through her work, she encourages individuals to take control of their health and make positive lifestyle changes. Today, Jillian Michaels is recognised worldwide as an **10.** fitness expert who inspires millions of people to live healthier and more active lives.

Adapted from: https://en.wikipedia.org/wiki/Jillian_Michaels