Quick Factsheet for Personal Trainer

Personal Training is a service-focused profession centered on educating, motivating and inspiring individuals to live healthier, more active lifestyles.

Today’s health and fitness consumers need and demand comprehensive programs that are truly individualized based on their physical activity levels, current health status, and unique needs and desires.

Scope of Practice
- Coaching clients and providing general health and fitness information
- Designing exercise programs and utilizing exercise to help improve overall health
- Screening for exercise limitations and identifying potential risk factors through screening
- Providing general information on healthy eating in accordance with MyPlate Food Guidance System
- Following national consensus guidelines for exercise programming for medical disorders
- Documenting client progress
- Following physician, therapist or dietitian recommendations
- Referring clients to an appropriate allied health professional or medical practitioner when necessary

Earning Potential
Personal trainers are employed in a wide variety of non-traditional settings, such as hospitals, schools, resorts, wellness and recreation centers, and corporations. The hourly rate and yearly salary for a personal trainer can vary greatly based on a number of factors, including but not limited to geographic location, years of professional experience, and type of services offered. A 2013 American Council on Exercise (ACE) survey of more than 3,000 certified fitness professionals nationwide found that full-time personal trainers on average earn $52,537 annually and part-time personal trainers average $26 an hour.

Future Outlook
13% expected percent increase in the employment of personal trainers between 2012 and 2022. There exists a great opportunity for qualified personal trainers to fill a much-needed role in the patient-centered model of care, particularly as it pertains to the prevention and treatment of chronic disease.

8 Benefits
1. You can make a living by helping others change and improve their health and overall well-being
2. You get to see tangible results of your work when clients reach their health and fitness goals, making it a very rewarding career path
3. You have the opportunity to work with a diverse group of people with a variety of needs
4. You are able to decide which niche you would like to specialize in, giving you complete control over your career path
5. You develop skills in a profession projected to be one of the fastest growing careers in the next 20 years
6. Once you establish your fitness business, you have flexibility in creating your own work schedule
7. Unlike other industries in the American economy, personal trainers are not at risk of losing their jobs to overseas labor markets
8. You have the opportunity to play a huge role in helping to eradicate the obesity epidemic

Career Path Options
- Gym or studio trainer
- Clinically based trainer
- In-home trainer
- Online trainer
- Facility owner