

## Education & Training Cluster



*Planning, managing and providing education and training services, and related learning support services.*

**Data Sources**  
Bureau of Labor Statistics  
CareerInfoNet  
CareerClusters  
The College Board  
Tracer

# Fitness Trainers

*Richard Simmons and the latest supermodel with a workout video may have little in common, but they both get people off the couch and reaching for the sky. Like them, fitness trainers motivate people of all walks of life. Whether they're training runners for a 10K, teaching senior citizens Tai Chi, or taking campers horseback riding, recreation and fitness workers help people meet a wide range of personal goals -- and have fun while they're at it.*

Are you interested in inspiring others to achieve their fitness goals? If so, a career as a **fitness trainer** may be for you.

**Fitness trainers plan and lead activities and work in health and fitness clubs.**

### **Are You Ready To...?**

- Teach by example
- Work with people of all ages and abilities
- Keep records of clients' exercise sessions
- Spend more time at a desk as you advance in your career

### **It Helps To Be...**

A creative or athletic person who enjoys helping others and likes working as part of a team

### **A Day In The Life...**

- Observe participants and inform them of corrective measures necessary for skill improvement
- Instruct participants in maintaining exertion levels to maximize benefits from exercise routines
- Offer alternatives during classes to accommodate different levels of fitness
- Plan routines, choose appropriate music and choose different movements for each set of muscles, depending on participants' capabilities and limitations

### **Salary and Opportunity in the Austin-area**

**Median Hourly Wage: \$16.93**

*That comes out to more than \$35,220 a year.*

**In 2016, we had 1,579 Fitness Trainers. By 2026, we'll need 1,883.**

*Could you be one of the 304?*

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# Fitness Trainers

## After High School...

In addition to a high school diploma, many employers look for fitness trainers with an **associate's degree**.



## Top 5 Industries for Fitness Trainers

1. Other Amusement and Recreation Industries
2. Civic and Social Organizations
3. Local Government
4. Other Schools and Instruction
5. General Medical and Surgical Hospitals

For more Career Profiles, visit our website:

[http://www.wfscapitalarea.com/YouthServices/  
CareerPlanning.aspx](http://www.wfscapitalarea.com/YouthServices/CareerPlanning.aspx).

## Related College Majors

- Exercise Science
- Nutrition Sciences
- Parks, Recreation and Leisure Facilities Management
- Sports Communication
- Sports and Fitness Administration

## Related Industry Certifications

- Advanced Personal Fitness Trainer
- Advanced Sports Nutrition
- Bodybuilding Instructor
- Certified Fitness Trainer
- Certified Personal Trainer
- Personal Training
- Post-Rehab Certification

## Related Careers

- Adult Educators
- Athletic Trainers
- Coaches and Scouts
- Elementary, Middle and High School Teachers
- Environmental Educators
- Physical Therapists
- Recreational Therapists

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