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Start the path to becoming a personal trainer by [Karl](#)

Article published on December 23rd 2011 | [Fitness](#)

If you are looking for a profession that focuses on helping people achieve goals and overcome obstacles then you need to consider becoming a certified personal trainer. Those that choose to become a personal trainer find it very rewarding helping others reach their full potential by teaching them how to sculpt and mold their body and live a healthier life.

It's not enough to just look physically impressive, some of your time will need to be put into some form of schooling in most cases, but certification is possible by passing an accredited test from any of the numerous physical training organizations in your area. At the higher levels of certification you will be required to earn a four-year college undergraduate degree in kinesiology or in other exercise sciences before becoming a personal trainer.

What does it take to become a personal trainer

If you have an extraordinary passion for health, fitness, and exercise, you should really consider taking this career path. It's your responsibility to continually upgrade your skills and pass along helpful information to clients your working with to improve their fitness goals.

You have to assume an outgoing personality, charisma, and listening and teaching skills. You also have to exude and show unending exuberance, updated knowledge, and patience. Convincing your clients that you are the best choice is something you can do by providing results. You might come to the realization that it is not always going to be an easy task. You have to also show that you are flexible and that you are well-situated being around with assorted types of people.

Getting Certified

It is necessary and essential to get certified before you can become a personal trainer and start to take on any clients. Secure your certification only from professional and credible organizations. Certification will show you as being a legitimate personal trainer. Some of the most popular organizations that provide certificates are CHEK (Corrective High-Performance Exercise Kinesiologists), ISSA (International Sports Sciences Association), and NASM(National Academy of Sports Medicine).

After becoming a trainer, it is your responsibility to keep your certification current and updated. Some formal education may be required to earn certification New clients will be happy to know that the person coaching them is constantly improving their education in diet, nutrition, health and fitness.

How to get Experience

It is in your best interest at the beginning stages to apply for a personal trainer job at a reputable health club. There is much information to be gained from such establishments. In the succeeding years, you can leave such centers and find yourself in other job options, such as in-home services, corporate trainings, and independent endeavors.

In order to get the experience to becoming a certified personal trainer, you could also opt to apply at spas, resorts, and cruise ships, where many visitors are currently enjoying value added services like services of personal trainers.

Join the ranks of one of the fastest growing professions in the United States and become a personal

trainer. A career as a personal trainer provides you with the opportunity to work in a field that is surrounded with people who want to live a healthier lifestyle.

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[Karl](#) - About Author:

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Article Keywords:

becoming a personal trainer, become a personal trainer, become personal trainer

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