

Career of the Month: Fitness Instructor



Minimum qualifications

a certificate of further education



Typical salary
(with experience)

£15-20k



Competition for
places

High



Demand for this role

High

Fitness instructors teach people how to exercise in a safe and effective manner, while also helping them work towards personal fitness targets. They could provide one-on-one services to clients, direct and choreograph group fitness activities and classes, or undertake a mixture of the two.

Related interests:

Medicine & Health

Education & Teaching

Sport, Exercise & Fitness

Useful skills and qualities:

Highly motivated

Inquisitive

A good problem solver

A good communicator

A team player

Full of initiative

Caring

A good negotiator

Things to consider

Rewarding



You will play an active role in enhancing many people's lives by introducing them to exercise and ensuring they continue with it.

Make a difference



You will see tangible results of your efforts and guidance as people become fitter during the course of your work with them.

Unsocial hours or on call



You may have to work unsocial hours.

Strong demand



As society has become increasingly aware of health and fitness issues, the demand for fitness instructors has grown.

Very competitive



In certain areas and in popular high street gyms, competition for jobs can be tough.

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