

I want to be a...Personal Trainer

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What do they do?

Personal trainers are fitness/health professionals who assess, plan, educate, and coach clients to achieve their health and fitness goals using an individualized approach. Their duties include designing effective and safe training programs, providing guidance on training principles, and coaching various exercise techniques. Some personal trainers specialize as well (depending on their expertise) such as weight management, injury prevention/rehabilitation, sport performance, and much more.

Personal Trainers work with individuals of all ages and experience/background and can work in various environments including gyms, fitness facilities, municipal recreation centres, university/college athletic centres, private studios or clinics, client's homes, and even online.

What is their salary?

On average, personal trainers in Canada make approximately \$40,000 a year; however, this can greatly vary depending on the personal trainer's client base (i.e. how many clients they work with), and other factors such as their hourly rate (e.g. personal trainers can make \$20/1-hour session, \$50/1-hour session, or \$80/1-hour session). Because personal trainers are paid by sessions (typically hourly sessions), a personal trainer can make much more or much less depending on how much work they put into it.

What can I do to become a Personal Trainer?

Most places that employ personal trainers require them to have a Personal Training Certification from a recognized organization (see **Useful Links**)

All personal training certification candidates must be at least 18 years and hold a current Standard or Emergency First Aid and CPR/AED certification (to be able to respond appropriately in emergency situations during training) as pre-requisites. With the exception of Canadian Society for Exercise Physiology (CSEP), most certification organizations don't require personal training certification candidates to have post-secondary education. Most organizations typically offer a full course on personal training before the candidate challenges the certification exam, which consists of both a written exam and a practical assessment.

If a personal trainer work freelance or as their independent business, they require liability insurance as well.

Useful Links:

- Certified Professional Trainers Network (CPTN): <https://www.cptn.com/>
- Canadian Fitness Professionals (Canfitpro): <https://www.canfitpro.com/>
- Canadian Fitness Education Services (CFES): <https://www.canadianfitness.net/>
- Canadian Society for Exercise Physiology (CSEP): <https://csep.ca/home>
- Sports and Fitness Insurance: <http://www.sportsfitnesscanada.com/>
- Toronto CPR: <https://www.torontocpr.com/>