



ACE →<sup>®</sup>

# How to create your future as a fitness pro

There's no better time to join the health and fitness industry, as widespread enthusiasm continues to grow in a population that's increasingly looking for movement experiences that enhance both physical fitness and emotional well-being.

The first question to answer is what role you see for yourself in the industry. Are you interested in personal training, group fitness, health coaching, or all of the above? Learn more about each position below and discover how you can live your passion and make money in fitness.



## Certified Personal Trainer

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As a certified personal trainer, you'll be able to help people of all fitness levels achieve their health and fitness goals. You can work with clients one-to-one, or in small group settings. You'll design and instruct exercise programs to match client's abilities and provide motivation through behavior change techniques.

Being a personal trainer can go far beyond working in a gym setting. You can train clients at their homes, a park, or through virtual training sessions and connect with clients anywhere.

### CAREER OPPORTUNITIES INCLUDE:

- ✓ Virtual Coach / Online Trainer
- ✓ Gym Owner
- ✓ Athletic Coach
- ✓ Corrective Exercise & Injury Prevention Specialist
- ✓ Director of Fitness



## Health Coach

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As a health coach, you'll connect with the whole client and help them reach their goals with exercise, nutrition and psychology. By recognizing that people have unique dietary, emotional and physical needs, you'll help them discover exactly what works for them to become the happiest, healthiest versions of themselves.

### CAREER OPPORTUNITIES INCLUDE:

- ✓ Virtual Wellness Coach
- ✓ Nutrition Coach
- ✓ Corporate Wellness Coordinator
- ✓ Behavioral Health Case Manager



## Certified Group Fitness Instructor

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As a group fitness instructor, you can use your passion to lead, inspire and motivate groups of diverse participants while building community. From strength training to dance-based workouts to mind-body classes, you will bring the energy to one of the most versatile fields in health and fitness.

Whether you choose to work in a gym, health club or studio, or lead virtual classes, from the moment you put on the microphone, you'll be the leading voice, encouraging your class participants to give it their all.

### CAREER OPPORTUNITIES INCLUDE:

- ✓ Online Class Instructor
- ✓ Outdoor Class Coach
- ✓ Rec Center Group Exercise Coordinator
- ✓ Youth Program Coach
- ✓ Specialized Program Instructor (Yoga, Pilates, Cycling, Senior Class Instructor)

# Get paid to do what you love!



## Personal Trainer



**\$72,044**

Average annual income with a range of \$55K-\$96K

According to [Glassdoor.com](https://www.glassdoor.com)



**19%**

Expected increase in employment between 2021-2031

U.S. Department of Labor



## Health Coach



**\$53,834**

Average annual income with a range of \$42K-\$69K

According to [Glassdoor.com](https://www.glassdoor.com)



**12%**

Expected increase in employment between 2021-2031

U.S. Department of Labor



## Group Fitness Instructor



**UP TO \$60/hr**

According to [Indeed.com](https://www.indeed.com)



**19%**

Expected increase in employment between 2021-2031

U.S. Department of Labor

# 3 steps to your future career

Working in the health and fitness industry is one of the most rewarding professions you can have. You get to improve people's lives while getting paid to do what you love. ACE Certified Pros often tell us their interest began with a powerful drive to help others and how enjoyable it is to spend their days in fitness facilities, and not behind a desk.

Here are three steps that will lead you to a flexible career as an ACE Certified Pro.

## Step 1

### ✓ Choose a certification program

Not all certifications are created equal. Don't be fooled! As you look into certification programs, ensure they're accredited by the National Commission for Certifying Agencies (NCCA), which is considered the gold standard in health and fitness. Accreditation shows that you've met the highest standards and are qualified to work as a professional. This will give you the respect you deserve and allow you to stand out when you're ready to start your career.

ACE offers a wide range of study programs that lead to certifications accredited by the NCCA, including for personal trainer, group fitness instructor, and health coach.

## Step 2

### ✓ Start Learning

Once you've chosen your study program, it's time to start learning! Offering a variety of ways to learn, the ACE Certification Study Programs are like no other. You have complete control of when, how and where you learn evidence-based fundamentals of health and fitness.

Centered around ACE University, our intuitive learning platform, the content is delivered through comprehensible text, charts, graphics and videos, as well as online activities, practice tests and on-demand study support. With the ACE Study Dashboard, you will have quick access to all your study tools and be guided by progress indicators, smart notifications and alerts, calendars and reminders. Designed for all learning styles, the ACE Certification Study Programs are flexible and self-paced, taking most just 3-6 months to complete.

## Step 3

### ✓ Pass the exam and start your dream job

The ACE Certification Exam assesses if you meet the level of competence necessary to earn a certification. Prior to taking the exam, you must meet certain prerequisites. The exam can be conveniently taken online or at a testing center near you and consists of 150 multiple choice questions. A passing score of 500 or greater is required to earn the mark of certification. After passing the exam, you will earn a respected credential, setting you on a compelling new career path, impacting the lives of many!

Plus, check out all the career tools that will be available to you at [ACEfitness.com/CareerSupport](https://www.acefitness.com/CareerSupport).



## Is a health & fitness career right for you?

Take this True or False quiz to find out.

- 1 You have a strong desire to help others achieve their goals and better themselves.
- 2 You read fitness blogs and magazines and follow a variety of fitness experts on social media.
- 3 You enjoy scheduling and planning your workout routines.
- 4 Your friends and family regularly ask you for fitness advice.
- 5 You meet many of your friends at the gym or in fitness classes.
- 6 You've always been interested in a job that doesn't require you to work at a desk from 9 to 5.
- 7 You have thought about opening your own business some day.
- 8 You're extremely personable and have been told you're a good communicator and leader.



**Did you answer “True” to most (or all)?**  
If so, it's time to think about your career in fitness.

## Ready for your future as a health and fitness leader?

No matter which direction you're looking to take your career, ACE offers unique opportunities available exclusively to students like you—so you can power your future forward today!

Visit [www.ACEFitness.org/Student](http://www.ACEFitness.org/Student) or scan the QR to learn more!



# Hear how some of the 90,000 ACE Pros have turned their passion into their profession.

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## **Ellie Gardill | ACE Certified Group Fitness Instructor and Personal Trainer**

### **Ellie's passion for fitness leads her to become a Group Fitness Instructor and Personal Trainer**

Ellie has always been passionate about fitness. She played numerous sports growing up, worked out on a regular basis, and put her physical capacities to the test every summer as an Ocean Rescue Lifeguard. During college, Ellie decided she wanted to explore group fitness classes at her University's Recreation Center. It was then that she decided she too wanted to become a Group Fitness Instructor and share her passion of fitness with others. After being a Group Fitness Instructor for about a year, she embarked on her journey into becoming a Certified Personal Trainer. Today, Ellie teaches classes and trains clients at her University's Recreation center and loves it! Her advice for those starting out is, "Follow your dreams!! Explore all the opportunities to learn and grow your knowledge on topics you are interested in!! And most importantly—have fun!"

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## **Michael Phillip Katz | ACE Certified Personal Trainer, Orthopedic Exercise Specialist, and fitness expert**

### **A sports injury led to a brand new career**

Michael had been involved in athletics and fitness all his life, but he struggled picking a career path. Following a sports injury, he realized the impact that a healthy recovery made on his life. He decided then to get certified. Michael started training family and friends, but once he moved to a new town he used his ACE Certification to build his client list. He quickly became the busiest and most sought-after trainer at the gym. Michael loves to help people uncover strengths they have hidden inside, especially for the special populations he works with like senior citizens, rotary athletes and people recovering from injury. His advice for those starting out is, "Work hard, and believe in yourself. Gain experience, observe veteran trainers, learn lessons and have the confidence to create something special."

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## **Hirari Watanabe | ACE Certified Group Fitness Instructor, Hip Hop Dance Instructor**

### **Dancer uses her specialty and her certification to create steady income**

Newly certified, Hirari has combined her love for dance with her passion for exercise as a group fitness instructor. Working as a seasoned dance instructor, it was a challenge to make a full time living. With her ACE Certification she has found the perfect balance of having jobs that put her in control and in a place of being financially stable while doing what she loves. She has found it possible to set a competitive rate for her classes because of the niche that she serves.

While her first year as a fitness pro consisted of much adapting and evolving, it has been very rewarding. Her advice for those starting out is, "Trust the knowledge you have gained, but always be open minded to feedback from your class participants and clients. They will help you make your class experience be outside the box, special and unique."

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## **Nancy McCarthy | ACE Certified Health Coach, Group Fitness Instructor, and Personal Trainer**

### **From training to writing to vacationing, build a lifelong career in fitness**

With over 35 years in health & fitness, Nancy is as passionate and inspired as ever. From writing fitness columns in her local newspaper to leading running camps, owning boutique gyms to running fitness vacations, Nancy has impacted hundreds of lives in her role as a fitness professional. Thinking back to her career, she had no idea where her certification would take her. After the ACE Exam, she used her confidence in her newfound knowledge and skills to push beyond the doors of the gym to reach her community and beyond. The new clients that she received as referrals from existing clientele proved that that she was in the right place. Nancy often finds herself thinking how lucky she is to be doing what she loves for a living. Her advice for those starting out is, "Be prepared for some long days in the beginning, but trust me, it will never feel like work as long as you keep your passion for fitness alive!"