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**Writing Sample published on [www.eHow.com](http://www.eHow.com)**

## **How to Purchase a Fitness Trainer Certificate Online**

### Overview

Certified Fitness Trainers can enjoy a rewarding career helping others achieve better health and a more fulfilling life. The rising rate of obesity and other sedentary lifestyle diseases has transformed this former “niche” market into a growing industry. The U.S. spent \$2.1 trillion on healthcare in 2007, indicating that educated, qualified individuals are needed to face problems head-on. With a little online research and a credit card, you can find the right fitness certification program.

### Basics

#### Step 1

“Certified Fitness Trainer” (CFT) or “Personal Fitness Trainer” (PFT) is a growing profession as gyms and clients want trainers who have passed rigorous testing in anatomy, kinesiology, exercise techniques and teaching skills. According to The International Health, Racquet & Sportsclub Association, U.S. health clubs generated revenues of \$18.5 billion in 2007. Certified trainers can charge \$40 to \$150 per hour, and upwards of \$500 per hour for the experienced trainer in an affluent community.

#### Step 2

Search online for a credible organization offering fitness certification through the Internet. Look for a company with a professional web site and links to the company’s history, professional affiliations, student success stories and opportunities for continued training. Read the program descriptions and e-mail the company with questions before purchasing your kit. CFTs acquire general knowledge in training on machines and with free weights for building muscle and burning fat. They also learn about nutrition and how to plan fitness regimens to meet clients' goals.

#### Step 3

Several requirements must be completed within three to four months to receive the certification. You may have to pass online quizzes and tests, plus participate in forums, submit photos of yourself doing exercises and take a final exam. The final exam typically must be taken within 90 to 120 days of receipt of the program; some companies give you up to a year. Some companies allow the final exam to be taken online, but others require you to pay an extra fee for your final test at a proctored facility.

#### Step 4

Training materials for exams usually are included, though you may have to purchase them. Most companies offer several options ranging from just taking the test to a deluxe package consisting of manuals, textbooks, workbooks, DVDs, online video training and forums. Although purchasing a deluxe package may seem unnecessary, the materials help prepare you for the final exam and can be added to your fitness library for reference. The

company should also offer Continuing Education Units (CEUs) to ensure trainers stay updated with fitness research and training techniques. Reputable companies will offer online tools once you are certified and partnering discounts on other websites for tools, supplies, liability insurance or fitness business software.

## Step 5

Choose the program in which you want to be certified. Some companies may offer a 30-day refund policy, but most do not. Purchase the certification kit online with a debit or credit card; some may take a check over the phone, but no one does C.O.D. You may have the option of making installment payments or even bundling several programs at a discounted rate. The purchase will be a secure transaction where you will verify the debit or credit card number, the three-digit number on the back of the card, and a physical shipping address since most cannot ship to P.O. boxes.

## Skill

- Moderate

## Things You'll Need

- Internet service
- Debit or credit card

## Tips

- Sign up for certification companies' newsletters to stay informed of deals, discounts and workshops.

## Warnings

- No governing body oversees the consistency of training or certification in the fitness industry. Several non-profit alliances can provide information on reputable companies or offer reviews of programs.
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- Consult your doctor before beginning any fitness regimen, including testing for certification.

## Keywords

- fitness
- certification
- online
- personal trainer
- gym

## Reference

- [National Exercise & Sports Trainers Association](#)
- [International Health, Racquet & Sportsclub Association](#)

Resource

- [American Council on Exercise](#)
- [International Sports Sciences Association](#)

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