



### **RECOMMENDATION OF FITNESS CAREER JOURNEY:**

1. Gain experience designing workout and implementing of a self-regulated health-fitness programme which includes but not limited to flexibility training, cardiovascular training and resistance training. Having knowledge in healthy eating habits is essential too. Getting a personal trainer can help you to do that.
2. Undergo a development programme to become a fitness professional
3. Register, prepare and pass your fitness professional certification exam
4. Start training clients or get employed as a fitness instructor/personal trainer at a gym (preferably with an experienced mentor)
5. Grow your personal training business and build your community
6. Discover your favourite training modality or type of audience which matches you.
7. Take continuing education courses or advanced certification to sharpen your skills.
8. Continue to train more clients in your area of specialization
9. Stay current in the industry by reading journals, attend conferences and attend more continuing education courses.
10. Share your wisdom with your community and new fitness professionals whom aspire to be successful like you.

For more information, please email [learn@fit.com.my](mailto:learn@fit.com.my) or whatsapp us at (+60)126356126.