"If You Have Enthusiasm, A Positive Attitude And A Few Basic Fitness Skills, I Have A $20-$30/hr, Fun And Fulfilling Personal Training Position Just For You!"

Dear Prospective Personal Trainer,

First of all, thanks for taking the time to request this info. It's my hope that you have precisely what I need in a personal trainer so I can stop sending this out to applicants immediately and put you to work in the fun and rewarding P.T. position I have available.

So let me tell you about me, my company and the P.T. position.

My name is Laurie Maximilian and I run a health and nutrition coaching company called **Betterlife Health and Wellness Studio** in Myaree.

My business is dedicated to helping women and men achieve their health and fitness goals through customized nutrition and exercise programs.

And business is booming!

I'm looking for an enthusiastic, motivated, and energetic person to start training some of our current clients.

My studio is located at 48 McCoy St in Myaree.

I currently offer one-on-one and two-on-one customized nutrition and fitness programs, group training classes and nutrition counseling which educate, motivate, and support men, women, and teens to improve their health and fitness. Most clients begin with a 50, 75 or 100 session training package which includes: nutrition counseling, exercise program design, nutritional supplements, monthly health assessments and 3-4 weekly training sessions here at my studio.

You will be paid as a casual employee and paid on a sliding scale depending on how long you have been working here (we reward loyal hard workers). My studio offers a casual, fun environment, nice training equipment and the opportunity to learn the inner-workings of a successful personal training studio.

Oh yeah, I'm also very fair, respectful and appreciative. I like having fun and making money providing highly valuable fitness services and products. You will be compensated fairly, treated fairly and I will certainly look for ways to pay you more for your efforts if they warrant it. I want someone who enjoys working with people, genuinely cares

about them and wants to make a difference in the lives of others… because that's what we do in my studio.

Tasks You'll Expected To Perform

* Manage Client Schedule: You'll be responsible for managing your clients sessions and schedule.

* Develop comprehensive health & fitness programs for clients: You'll receive coaching and training on our personal training system, but you'll have flexibility to incorporate your training style and knowledge.

* Tracking Client Progress: In order to ensure a client's success during their program, you'll need to track weekly progress, current successes and challenges, nutrition logs worksheets and exercise logs on a weekly basis. It will be your job to hold a client accountable to his/her health and fitness program to ensure the best results possible.

* Perform Fitness Evaluations: Ideally, you'll have some fitness assessment skills and can test for: body composition, bodyweight, girth measurements, blood pressure, heart rate and various strength and flexibility tests. You do not need previous experience, but if you do, that's a bonus.

* Coach clients through their program: You'll be responsible for weekly exercise sessions and keeping detailed weekly progress reports on the clients your working with. If a client is having challenges throughout his/her program, you'll coach and motivate client and make appropriate changes to ensure consistent progress.

* Demonstrate Proper Exercise Instruction: This is a big one. I need you to be able to provide proper coaching, instruction, and motivation during a client training session. You should have a working knowledge of the human body (i.e. muscles, movements, functions, etc) and be apply to provide appropriate exercises for client's goals.

* Provide Ongoing Health and Fitness Education: Our clients rely on us to service all of their health and fitness needs. It is your job as a fitness coach to provide your clients with health and fitness education on various topics that will empower them to lead healthy lives forever. You'll be provided with educational tools and resources.

Required Skills

These are the skills you must already have in order to qualify for this position:

* Good Communication Skills: you will be talking with my clients, who are VERY important to me. You must be comfortable conversing in-person and on the phone and know how to conduct yourself professionally, and deliver clear instructions to the clients. I'll teach you everything you need to do during a training session, but I can't teach you manners and professionalism.

* People skills and personality- must LOVE working with people! As mentioned above you must be very comfortable working with people. This is an exciting studio and you must be able to show your clients energy and excitement while working with them.

* Health and Fitness Education: You do not need personal training experience, but you should have a working knowledge of health and fitness

* Senior First Aid Certificate

* Prioritizing your own health, wellness and fitness. You absolutely must walk your talk if you are to be a successful trainer. You need to be setting goals and following a regular exercise program for yourself. If you expect your clients to do it, then we expect you to do it too. If you practice what you preach then we want you.

Bonus Skills

If you have these additional skills, your resume will go right to the top of the stack (but if you don't have these skills, you should still apply because these are not mandatory).

* Previous personal training experience (fitness studio, health club, in-home trainer, etc.)

* Basic nutrition knowledge

* National Certification and Insurance (Fitness Australia)

* Sports Science/Human Movement Degree

How To Apply

I'm looking to hire the right person relatively quickly. So, if this job sounds good to you, then complete all 5 questions on the form below and send/email it to me asap <u>along with your resume</u>. We'll then contact you by phone:

Complete Your Information Below To Apply Now!

Name:
E-mail:
Phone:
Address:
D.O.B.:

1. Tell me a little about your background….

2. What about this position interests you most?

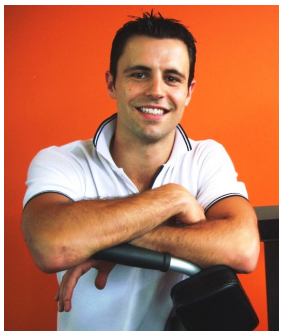
3. Why did you become a Personal Trainer?

4. What interpersonal (i.e. people) skills do you possess that make would make you an exceptional coach?

5. What do you feel makes you standout above all other applicants for this position?

Again, thanks very much for your interest,

Laurie Maximilian
Managing Director



48 McCoy St Myaree WA 6154
e: betterlife@aapt.net.au
Ph: 08 93173567

P.S. This is not the type of job where just showing up is enough. Performance is everything to me. If you perform, you will be rewarded. I want nothing more than to find a person who takes real interest in doing good work and contributing to the growth of the business. If that's you, I promise that $20/hour is only the starting point. I recognize and reward performance!

With all that said, as I mentioned in the headline on this page, enthusiasm and a positive attitude go a long way in my book. I'm a very positive, upbeat guy and appreciate those qualities in others. As long as you have the basic skills I mentioned, and a great attitude, you're definitely a candidate! So submit this information along with a detailed resume back to me today!