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## The Everything Guide To Being A Personal Trainer: All You Need to Get Started on a Career in Fitness (Everythingreg;)

*Stephen A. Rodrigues, Kate Kenworthy*  
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# THE EVERYTHING GUIDE TO BEING A PERSONAL TRAINER



All you need to get  
started on a career in fitness

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**Kate Kenworthy, M.Ed., A.T.C., C.S.C.S. &  
Stephen A. Rodrigues, M.Ed., P.E.S.**

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**Stephen A. Rodrigues, Kate Kenworthy : The Everything Guide To Being A Personal Trainer: All You Need to Get Started on a Career in Fitness (Everythingreg;)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Everything Guide To Being A Personal Trainer: All You Need to Get Started on a Career in Fitness (Everythingreg;):

18 of 18 people found the following review helpful. A good place to start...By A. OberkrieserThis book is a very good

resource for someone who wants to begin a career as a personal trainer. It won't help you pass the accrediting exams, it is specifically intended to provide information on running a business. This guide clarifies the different ways in which a person can be employed as a personal trainer and provides tips and general information on handling finances, scheduling customers, and organizing the business. I think the most important thing this guide does is give a "newby" a very good indicator of what to expect and what information he/she will need to be a good personal trainer and an organized business person. 1 of 1 people found the following review helpful. Informative  
By R Revis  
I bought this for my son who is thinking about being a trainer after he is out of the Navy and he said it was a very informative book. 0 of 0 people found the following review helpful. Good book.  
By Aaron Hebert  
The book is very basic on everything you should know as a personal trainer. It doesn't get too in depth with a lot of information, but covers everything your average PT would want to know.

If you love fitness and you're looking for an alternative to the typical 9-5 office job, *The Everything Guide to Being a Personal Trainer* will help you turn your passion into a career. Opportunities for professional fitness trainers are everywhere—fitness clubs, college athletic programs, even professional sports teams. *The Everything Guide to Being a Personal Trainer* is a step-by-step guide that will take you from gym rat to fitness guru in no time. This easy-to-follow book progresses from training to certification with tips to help you: Choose a work environment, Set up a business plan, Find, motivate, and keep clients, Learn about marketing and networking. Written by two personal-training professionals, *The Everything Guide to Being a Personal Trainer* is all you need to get started in the exciting, growing field of fitness.

**About the Author**  
Kate Kenworthy, M.Ed., A.T.C., C.S.C.S. is a certified athletic trainer and strength and conditioning specialist with a master's degree in physical education. She has worked as a varsity athletic trainer for Bryant University and Boston University and is currently a fitness consultant specializing in injury prevention and sport-specific training. Kate lives in Lincoln, RI.  
Stephen A. Rodrigues, M.Ed., P.E.S. is a personal trainer of amateur and professional athletes and worked as the spring training Assistant Strength and Conditioning Coach for the Yankees. Stephen lives in Lincoln, RI.