



Pros and cons of being a coach

Prepared by student group:POFK/B-18-40
Kozhukhov Vadim

▣ Pros of being a coach



A healthy lifestyle is now more popular than ever. The sports industry is developing. This means that the profession is in demand.

This is a huge return. You will be healthy, more fun and more beautiful.

You will be able to influence the level of your income by increasing the number of individual lessons, extra hours, etc.

You will have the opportunity to constantly keep yourself in shape. In addition, you will avoid the additional cost of visiting the hall.

A good fitness trainer over time builds up its own database of loyal customers, which allows you to have uninterrupted stable income.

You can choose a specialization and place of work to your liking. For example, to be an aerobics trainer in a sports center, to work as a personal instructor in a gym or pool, etc.

You will not be bound by a tight schedule. Your employment will depend on your workout schedule.



Cons being a coach

Like any other, this profession has its own nuances that need to be considered. Namely:

Constant physical activity. After all, instructors are in constant motion: show exercises, jump, dance, etc.

A flexible schedule is good, but periodically you will be expected to work in the evenings and on weekends.

Fitness trainer should have artistry, strong energy and charisma. After all, he will need to hold the attention of a large group of people or become a kind of guru and authority for each client.

The profession requires constant development and advanced training. You will need to get acquainted with new approaches and programs, master the latest techniques, etc.



- Sometimes you will need to forget about yourself, which means giving customers a charge of vivacity and positive, despite their own well-being.
- Fitness trainer - work is not for misanthropes. You must love people, be able to feel, listen and hear your wards.



Good bye!