

# CAREERS @



**ERIN SCOTT**  
PERSONAL TRAINER &  
NUTRITION COACH

**What does a career in Personal Training & Nutrition Coaching look like at the Y?**  
**What sort of things do you work on day-to-day?**

Personal Training and Nutrition Coaching are roles in which you work very closely with your clients during their session. To be an effective trainer/coach, you must spend time building clients a program that is appropriate for where they are physically and mentally, but also challenging enough to help them reach their goals.

**What do you enjoy about working in Personal Training & Nutrition Coaching?**

I have a deep passion for wellness, both physical and nutritional. I really enjoy sharing that passion with others, and helping them achieve their goals.

**How did you become qualified to work in Personal Training & Nutrition Coaching?**

I enrolled in some Nutrition Courses through American Fitness Professionals and Associates (AFPA) and after 2 years had received 4 separate certifications, Because I was already a fitness instructor and familiar with lifting weights. I obtained my CPT through ACTION. It's very helping being a CPT who has nutrition certifications because questions regarding nutrition inevitably come up.

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## **How do I become a Personal Trainer or Nutrition Coach?**

To become a Certified Personal Trainer or a Certified Nutrition Coach, you must take a course with an accredited program. There are several to choose from which range in price, length, and content. Having a passion for whole body wellness, and a passion for helping people will get you far. Possessing patience and compassion for others will make the difference between a great trainer and a good one.

## **What will make me more marketable to employers?**

Certifications through accredited programs will get your foot in the door. Truly living what you preach will not only make you more marketable to employers, but also to prospective clients.

## **What characteristics should someone possess to find success in Personal Training or Nutrition Coaching?**

To be successful in Personal Training and Nutrition Coaching, a person must love health and fitness, and love sharing their knowledge with others. Willingness to go the extra mile to help hold your clients accountable and support them through making life changes is important.

## **What can I do now to prepare myself for a career in Personal Training or Nutrition Coaching?**

Build good habits in your life around physical fitness and eating habits. Invest as much time as possible reading text books on training/exercise and nutrition so that you have a good understanding on the topics. Research the different companies that have accredited certification programs, and figure out which works best for you.