



**a healthy  
start.**

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If you're passionate about health and fitness, have a positive attitude with the ability to motivate and inspire others, then a career in health and fitness awaits. To work in the health and fitness industry you'll need to be knowledgeable, focused, professional and a great communicator. You'll require knowledge of health and fitness testing and the ability to use exercise and lifestyle changes to benefit your clients or customers.

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## Sectors to explore

An understanding of health and fitness can help you progress in a variety of different sectors and job roles. Here are just a few to get you started:

### Nutrition

Working as a Dietician or Nutritionist, you'll need excellent communication skills and a logical approach to problem solving. Your job role will involve having consultations with people of all ages, about how their health can be improved through different foods, hydration and eating habits. You'll then give advice on lifestyle changes they should make to support their goals.

### Teaching group exercise

You'll need to be motivating and positive to succeed as a group exercise teacher, with the ability to encourage people and helping them achieve their goals. Your day-to-day duties may include teaching or coaching groups or individuals, making sure classes are safe and effective. You may need specific certificates depending on which sport you'd like to teach.

### Personal training

Inspiring and motivational, as a Personal Trainer you'll work with clients to educate, coach and give advice on health, nutrition and lifestyle changes. You could work independently and find your own clients or be contracted by an organisation that delivers health and fitness services.

### Sports therapy

As a Sports Therapist, you'll work with sport and exercise participants to help prevent injuries, recognise and treat them should they occur, and then rehabilitate the participant back to full fitness. You'll need to show the ability to encourage others, work well in groups and have a positive attitude.

V Certs to consider include:

- Level 1/2 Technical Award in Health and Fitness

## Routes to success

If you choose to study health and fitness, there are a number of routes you can take to further your career such as:

### • Further study at university or college

You could choose to broaden your knowledge of health and fitness with a degree in Health and Fitness, or you may wish to specialise in something like Nutrition or Health Science.

### • Apprenticeships

You'll be working to a set programme of learning whilst earning money as an apprentice. This will provide you with a structured training period with a solid foundation of knowledge from which to progress in this sector.

## Where next?

We understand the amount of information out there can be daunting. To help, we've included a small collection of useful websites for you to visit:

**The National Careers Service** website offers an overview of many different careers. It's a great starting point to help you take your first step towards planning your career. [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)

**All About Careers** includes really useful information about specific career opportunities. You can also take a career 'test' which will give you ideas about industries you might want to explore further based on your answers. [www.allaboutcareers.com](http://www.allaboutcareers.com)

**The National Apprenticeship Service** offers information about what apprenticeships are and how they work. It's particularly useful as a general introduction and to help you and your parents understand the opportunities an apprenticeship offers. [www.getingofar.gov.uk](http://www.getingofar.gov.uk)

**Not Going to Uni** is a website that aims to offer a full range of options and choices if you feel that university is not the route for you. [www.notgoingtouni.co.uk](http://www.notgoingtouni.co.uk)

**Which University?** is a website that can help you decide what to study, where to study and how to get there. [www.university.which.co.uk](http://www.university.which.co.uk)

**REED Salary Checker** can help if you're curious about what your earning potential could be in your chosen career. [www.reed.co.uk/average-salary](http://www.reed.co.uk/average-salary)