

AVENUES

Not just a treadmill job

A wide and in-depth knowledge in health and training is what gets fitness trainers a well-paying clientele

Rahat Bano

Their day begins early. Some fitness trainers work only in the morning and evening whereas others spend long hours on duty in gyms. The working hours can be flexible as well as back-breaking. But who cares as long as a decent pay cheque is coming one's way. A few fitness trainers speak about their work.



Kiran Sawhney, fitness trainer

My day starts at 6 am. After three sessions at my clients' homes, I am back by 10 am. In the evening, from 5 pm onwards, I have two sessions. In between, the day is mine to be spent as I choose.

As a personal trainer you should be equipped with a vast and deep knowledge about health and fitness. Which is why I am going to attend the Idea (US-based body of fitness trainers) conference in San Diego. For trainers who specialise in only one area of fitness training, it's okay if they work with health centres, which generally have different people for different types of workouts. But freelancers have to give variety to their clients. And I try to do that with my knowledge of therapies like Shiatsu, Chi Kung and Zhan Zhuang and Tui Chi, which I learnt in Singapore and Japan.



Everyone knows how to cycle but a fitness trainer tells you the right way to do it