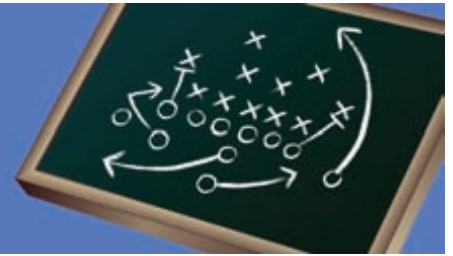


# CAREER FITNESS



Providing a game plan for today's fitness professionals



## FOUNDATIONS MEMBERSHIP

2010

### Career Fitness Foundations Membership

**Invest in yourself - because the more you learn the more you earn!**

The Career Fitness Foundations Membership has been tailored specifically for the needs of Personal Trainers, Gym Instructors, Group Exercise Instructors, and Certificate III & IV in Fitness students.

You see the fitness industry is a knowledge driven industry where clients and employers are purchasing your knowledge and skill set which allows you to provide the most effective solutions for the needs of clients. Think about the problems you help clients with on a daily basis, i.e. losing weight, increasing muscle, getting fitter, faster, stronger or more functional. With this in mind the Foundations membership has been created to ensure your skill set is cutting edge and that you are able to provide clients with time efficient, safe and effective programs, classes and nutritional advice. The specific aim of the Membership program is to allow you to make more money, in less time doing what you love.

As a member you will be provided with regular resources in the form of workshops, social events, e-zines, and regular newsletter updates designed specifically to keep you informed with the latest trends and innovations related to the fitness industry.

#### You can expect to learn...

- > the latest exercise programming, fitness evaluation and physical training techniques
- > cutting edge information on nutrition
- > motivational strategies to help with client adherence
- > all the latest from the world of group exercise with particular emphasis on skills for freestyle aerobics instructors
- > how to market and sell fitness products and services
- > how to earn more money doing what you love



#### What you get for only \$149 (total value \$315)

- > 3 x workshops combining a blend of both business and technical skills (valued @ \$225)
- > Free entry to a Career Fitness social event (valued @ \$30)
- > Quarterly 12 page e-zine filled with articles on exercise programming, nutrition tips, motivational strategies focused on helping you retain clients, group exercise class strategies, and more (valued at \$60)
- > Monthly newsletter
- > 1 PDP point and 3 CEC points towards Fitness Leader re-registration
- > Access to a network of likeminded fitness professionals at all events

#### Learn from Australia's best

Access workshops and articles from Australia's leading experts in the business of fitness, exercise programming, fitness evaluation, nutrition, group exercise and motivational psychology.

### 2010 Events included in your Foundations Membership Package

- 1. The Truth About Exercise and Pregnancy** - Saturday 20th February
- 2. Kettlebell Basics** - Saturday 26th June
- 3. Indoor and Outdoor Group Training Ideas** - Saturday 11th September
- 4. The 17 Income Streams for Fitness Professionals and Christmas Party** - Saturday 4th December

**Career Fitness**

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FAX: 1300 484 418

Email: [info@careerfitness.com.au](mailto:info@careerfitness.com.au)

Online: [www.careerfitness.com.au](http://www.careerfitness.com.au)



## Foundations Membership creator – Aaron Whear

After completing a Bachelor of Applied Science (Physical Education) degree, Aaron began his career in the fitness industry as a gym instructor in 1992. He quickly moved his way up the ranks firstly as a personal trainer and then as a gym manager. It was during his role as a gym manager that Aaron realised there was a gap between what gyms required from employees and what training providers were delivering to students. This led to his move into Fitness Leader education and a strong desire to help bridge the gap between education and what is required in the “real world” as a fitness instructor.

Aaron now runs Career Fitness, a consulting company based in Melbourne. Career Fitness partners with the Centre for Adult Education (CAE) to deliver the Certificate III and IV in Fitness as well as a wide range of CEC/PDP point courses. Career Fitness also offers a mentoring and coaching service that shows health and wellbeing business owners how to improve business efficiencies and profitability based on his philosophy of the “game plan”.

Get the most up to date advice, knowledge, tips and techniques available in the Australian Fitness Industry with Career Fitness for only...

**\$149**  
PER YEAR

## What people are saying about Career Fitness?

“I found the sessions to be very insightful in regard to the experience you have and the practical tips that you passed on that a resource book will never teach.”

**Gavan Holland**

“Aaron, I must say that I am impressed by your level of professionalism and more importantly the fact that you care about your students.”

**Mary Bakaniozos**

“Thanks so much Aaron. I couldn't have done it without you! Your instruction and business tips still come in so handy. I'm thrilled with my career and so lucky”

**Christine Sully, Bellacize**

“Thank you for passing on your knowledge and helping me reach my goals!”

**Nathan Gollan**

## Order Form Fax back to 1300 484 418

Please supply me with the Career Fitness Foundations membership for just \$149

### Payment details

Charge my credit card (details listed below) with the total amount

I will transfer the total amount to BSB 063-622, Ac No: 10340773, Reference: CF membership – Your Name

Pay the total amount by cheque payable to Career Fitness Pty Ltd

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Card Type:  VISA  Mastercard

Card Number: PLEASE PRINT CLEARLY

\_\_\_\_\_  
Name on Card:

Expiry Date:

CVN:

Signed: \_\_\_\_\_

Conditions: This program is non-refundable

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