

## Career in Fitness Training

In advanced life most of the people suffer from new new unknown diseases because of not proper fitness planning. To execute a healthy life style and to avoid some common problems / diseases in future, everybody needs to remain fit fore ever. They should go through strength training, weight management, cardio vascular exercises, nutrition and flexibility training etc. so, the requirement of a fitness trainer is essential to guide and train people in private training sessions, TV serials, gymnasiums etc. to be a fitness trainer, one should have a bachelor in physical education followed by aerobics/ martial art/ allied trainings/ physiotherapy courses. The courses are gender neutral (applicable for both male and female) but the student should be more than 18 years of age.

After completing the courses, one can get work in Gym, houses of clients like celebrities, film stars, athletes, TV serials as a fitness trainer.

Some of the institutes providing the courses on the subjects are

- Talwalkar's Nungambakkam, G-A crystal lawns, Ground Floor, Wallace garden, Haddows road, 1<sup>st</sup> street, chennai-06
- Talwalkar's Fitness academy, Talwalkar's health complex, Khatau Mansion, 95K, Oomer Park, Warden Road, Mumbai-36
- BFY Sports and fitness Institute, Mumbai ([www.bfysportsnfitness.com](http://www.bfysportsnfitness.com))
- Lakshmbai National Institute of Physical Education, Gwalior ([www.lnipe.net](http://www.lnipe.net))
- VLCC Institute of beauty and health Management, New Delhi ([www.vlccinstitute.com](http://www.vlccinstitute.com))

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