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Member Profile: Margaret Anderson



Group Exercise & Mind Body Network caught up with Margaret Anderson to find out how Fitness Australia's Fitness Professional of the Year spends her days...

Name, occupation, state

Marg Anderson, Group Exercise/Personal Trainer/ Instructor/ Lecturer/ Owner of Regenerate Personal Training, WA

Your fitness qualifications

Cert III Group, Cert IV PT, Cert IV Trainer & Assessor, Les Mills, Fitball Cert, Pilates Matwork, Flow Yoga.

How did you get into this industry and how did you arrive at where you are today?

From humble beginnings as an aerobic participant during the wave of Jane Fonda leg warmers and to tunes like 'Let's get physical' (yes, that long ago), I graduated to instruct and lead group exercise in every discipline from freestyle aerobics to Les Mills.

I then gained certification and progressed to managing fitness facilities. My portfolio includes gym, aerobic, aqua-aerobics and personal training management, staff training/management, budget management, marketing and communication.

I involve myself in the industry through ongoing education and self development and have held voluntary roles on the Fitness WA committee and contributed to the Fitness Code of Practice. I have also been a voluntary community fitness advisor, regularly written contributions to the WA Fitness Focus magazine and delivered assorted workshops and AGM presentations.

I currently combine running my own personal training business, which specialises in the fusion of fitness and holistic well being with an emphasis on rehabilitation, with casual TAFE lecturing.

What are the best and worst aspects?

This industry of ours allows people to grow and mature with it. Over several decades I have seen some amazing changes and trends and have now found my niche. I'm still thoroughly involved and every bit as passionate as when I started. The reward of seeing clients benefit from their training, especially those with more advanced rehab conditions, is way, way up there on the list of reasons why I do this job! The odd hours are still hard to deal with at times, working most of the weekend isn't always fun. Oh, and last minute client cancellations of course - I hate those!

What has been your greatest career challenge?

I personally trained a stroke client in his own home for eighteen months. His rehabilitation was very specific and I had to incorporate a lot of research. He placed a great deal of importance on his sessions each week, both physically and socially and we became good friends. I found the sessions quite challenging emotionally.

What has been your greatest career highlight to date?

Well, I would have to say winning Fitness WA Professional of the Year 2005, followed by Australian Fitness Professional of the Year 2006. It doesn't get any better than that!

What are your goals for the future?

I am currently building a new home which will once again contain my own home personal training studio. My goal is to have this set up by March/April next year, enabling me to provide a unique service for those who prefer a more intimate training environment. ♦

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