

careers in fitness

Imagine working in an industry which is fun, interesting, motivating and growing.

It's an industry where you help people to look good, and feel good from the inside out.

This means, of course, that it's a people business, and this won't change with technology. Essentially, people want fitness leadership from an inspiring and knowledgeable trainer, not from a computer. Sadly for society it's a growth industry, because lifestyle diseases are society's biggest killer. And it's increasing, not decreasing. But for us in the Fitness Industry this is just part of the challenge.

People come to you because they want to improve themselves. Is it any wonder then that your working environment is so positive and dynamic? Yes, at times it's challenging, because you're trying to help people achieve their goals, but isn't it the challenge that makes the achievement of the goals so rewarding? Plus of course, how do you feel when you're looking good and feeling great?

Flexibility is something the Fitness Industry gives you in more ways than one. Self-employment, fulltime, part-time, and/or casual work are all commonplace. You can work as a Personal Trainer, Gym Instructor, Group Exercise Instructor, Aerobics Instructor, Aqua Instructor, Rehabilitation Specialist, Front Desk, Sales, or Management. With the unique AIF Integrated Training System, it is possible to start in any of these areas, and then transfer across later to another area, or simply mix two or more areas together.

Throughout Australia and around the world you'll find AIF trainers in gyms, fitness and recreation centres, PT studios, sporting clubs, resorts and cruise ships, health farms and clinics, corporate fitness, home, mobile & outdoor training, – the scope is enormous.



Over the years, the Australian Institute of Fitness has successfully helped thousands of people like you find their own special niche in fitness. For some, fitness simply remains their passion and lifestyle, but for many others it also becomes their job, career and vocation.

