



## Michael Bryant Head Fitness Trainer



*I provide one-on-one and group fitness training, manage other trainers and develop/design fitness programs*

### **How long have you been a fitness trainer?**

16 years

### **Where do you currently work?**

Randolph YMCA (NJ)

### **How do you spend most of your time at work?**

- 1) Training individuals and groups
- 2) Answering members' questions regarding health and fitness
- 3) Managing other trainers
- 4) Developing fitness programs for kids, adults and seniors

### **Why did you choose this career?**

I decided to make a career change after 20 years in business-to-business sales. Combining a skill set developed in business sales and a love for fitness, I thought it was a perfect combination.

### **What did you do to prepare for this career?**

Obtaining the required certification was the first step. I was given an opportunity to study at the Institute for Human Performance in Florida, which was invaluable. I've combined my initial studies with constant reading and studying fitness topics to make myself the best trainer possible and an asset to my clients and members at the Y.

### **What do you enjoy most about your job?**

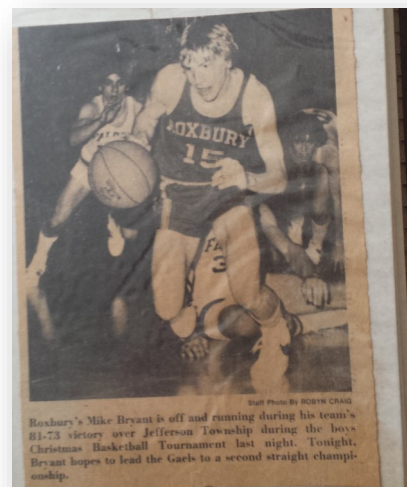
Working with people and helping them reach their goals

### **What do you find most challenging about your job?**

Trying to educate people and breaking myths and mistruths spread by companies trying to take advantage of peoples' lack of knowledge about healthy living and their desire for immediate results. Healthy living is a process and a lifestyle.

### **What is one piece of advice you would give to a young person who is interested in your profession?**

First you have to love fitness and helping people. Learn as much as possible about the health and fitness industry, for example, by talking with people in the profession, and devote yourself to continuous learning.



#### **MIKE'S FUN FACTS**

*I like reading, mainly nonfiction, and watching sports.*



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