

Trades  
and Services  
**IN FOCUS**



Motivated . . . gym instructor Felicity Bate at work in Rosebery.

Picture: JOHN FOTIADIS

# Cut for the perfect fit

**W**hen Felicity Bate began running to keep fit, little did she know it would be the first step she took in her career. Soon after she began running, Bate joined a gym and a few years later studied to become a personal trainer at the Fitness Institute of Australia.

She worked as a freelance personal trainer and at a number of other gyms before joining Fernwood Rosebery, a women-only gym, two years ago. Bate, 38, says personal trainers are there to educate and motivate clients about the benefits of exercise.

"We are not just there to scream out orders, we are trained to teach correct techniques . . . so you get the most benefit out of your exercise routine," she says.

Each day Bate takes between 10 and 15 clients for half-hour exercise sessions.

"I will assess someone to see if they are a beginner, intermediate or advanced to see what sort of exercises and program they need," she explains.

"Some people need to lose weight, some people need to tone up, some people need to get fit and some people need a special recovery program after a major illness."

And being able to educate women on the benefits of strength and resistance training is especially satisfying. Bate says: "If you do it right, it can be done fairly quickly and easily and it can prolong your life."

Bate believes personal trainers are better qualified now than they have ever been.

"Years ago it used to be called a Fitness Leaders' Course and after two weeks' training, you could walk out and call yourself a fitness instructor," she says. "Industry standards are much higher today and they have to be because you are dealing with the human body and it is complex thing."

Today, people looking to become a personal trainer must complete a Certificate III in Fitness and then a Certificate IV in Personal Training. Once students complete the Certif-

**Love your work**

**How did you get your job?** I was working at a gym out of the area and saw that Fernwood Rosebery was advertising so I approached the gym to do an interview.

**Upside?** I really enjoy my clientele. I love seeing their improvement and how excited they are with their improvement.

**Downside?** Getting up at 5am. Sometimes you have to drag yourself out of bed. But other than that, I love my job.

icate III course they are then qualified as gym instructors, she says.

"You teach small group lessons, taking new clients through the gym and [making them] aware of exercise equipment and machines and just walking around making sure the clientele are happy," Bate says.

Students can then work in the gym and earn a salary while they work towards their Certificate IV. The catch: "You have to want to continue learning" Bate says, and students need motivation to keep going.

"Every few months I am doing a correspondence course just to keep up to date. I love doing the courses. I think it is fun," she says.

"You need to have a passion for exercise. You have to look and feel the part."

Seventeen years after joining the gym and falling in love with training, Bate says she still manages to fit in five sessions a week.

"I keep it to about an hour each time," she says. "I do probably an hour or so five days a week and then the sixth day is a bonus — I go for a walk with my family and my dog."

**HENRY BUDD**