



1 Role play with a friend who will act as your new personal training client or gym member for whom you are going to design a fitness program. Conduct an informal interview with your friend:

- Explore their needs/goals.
- Identify any areas of difficult you might face in assisting this client meet their needs and demonstrate how they could be overcome/dealt with or managed.
- Explain the options you have to help them meet these needs: equipment, facilities, services, etc.
- Help them evaluate between their options and decide which best suits them and why
- Explain their rights and responsibilities.

Record details and notes from your interview.

2 Networking is important in most professions and fitness is no exception. Spend up to 30 minutes researching networking opportunities in your area. Consider why you would want to create a professional network, what sort of other professionals would you think is beneficial to have in your network and why.

3 Add to your resource file:

- Details of networking opportunities in your local area
- Information on innovative fitness equipment popular now