

# Be a Personal Fitness Trainer & Nutritional Specialist



**High-Growth  
Industry!  
In-Demand  
Career!**

**Train  
at home in  
your spare time!  
Take your first step  
toward an exciting,  
moneymaking career!  
Details inside...**

# High Demand...High Income!

And you can stay fit and healthy while you work!



Now it's easy to train with nationally accredited U.S. Career Institute for an exciting new career as a Personal Fitness Trainer & Nutritional Specialist...and the operative word is *accredited!* In a fitness career you are dealing with the health, safety and well-being of your clients, and that means that your qualifications are more important than ever.

Would you choose a personal trainer who had not trained with an accredited institution? Probably not. A Personal Fitness Trainer & Nutritional Specialist is in a class all their own...and that's what you'll be when you take this nationally accredited course and graduate from U.S. Career Institute!

*Fitness & Nutritional Specialists can earn up to \$50.00 an hour and more with experience!*

If you sent for this career package, you probably already know that the field of fitness and nutrition represents a wonderful path to success! Busy professionals in your community need your help to plan their fitness schedules and ensure they get the right diet and exercise. People from all walks of life now understand the need for fitness training and nutritional knowledge—and they're more than willing to pay for your expertise!

Fitness & Nutritional Specialists are important members of the healthcare team, and they are true professionals. They work directly with clients and with other healthcare providers, supplying much-appreciated guidance to help people get and stay fit. As a Fitness & Nutritional Specialist, you'll be respected and appreciated for your knowledge and your care.

*There is a high demand for trained Fitness & Nutritional Specialists because thousands of new fitness centers, sports clubs and therapy centers open each year. Be in shape, be healthy and share your skills and knowledge with others!*

**No previous healthcare experience needed and no need to quit your present job. You train at home in your spare time!**

You can be ready to start your career in as little as four months...or take longer to finish your course if you wish. There are no classes to attend and no need to change your daily schedule. You study when you have the time and when it's convenient. You can start right now because you are in a class of one—you!

**Experts guide you step by step.**

You learn step by step, from expert instructors with years of experience who show you exactly what to do and how to do it. Your course even includes video demonstrations to help you progress quickly. Nothing is left to chance!



*From the desk of Pam Weston, Founder...*

Join the thousands of students we've trained for new moneymaking careers over the last 25 years. Many are more successful than ever before!

And remember, even if the only reason you want to be a Fitness and Nutritional Specialist is to obtain a great-paying job, you'll be amazed at the many other benefits Fitness and Nutritional Specialists enjoy.

Imagine your pride as you help set up and monitor health and fitness programs for leading individuals in your community...assist people with health problems as they regain strength and vitality...work with clients of all ages to develop diet and exercise plans to ensure their health and enjoyment of life. The fitness and nutrition fields are growing rapidly—this is an ideal field to select for security and future growth!

You don't need any previous experience in healthcare or any other field because our step-by-step training builds your skills and experience from the ground up—quickly...easily!

*Pam*

*Work at home, set your own hours!*



### Plenty of opportunity working for others, too...

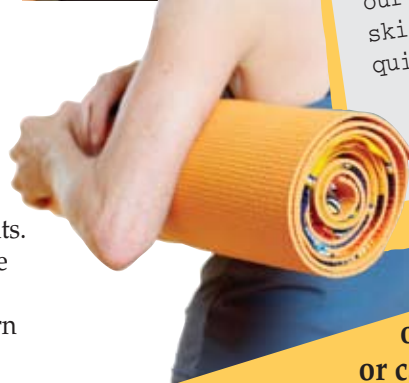
- Country clubs and spas
- Health clubs, cruise ships, and resorts
- Hospitals and physicians' practices
- Sports therapy and rehabilitation centers



### These are just a few of the subjects covered in your course:

- Fitness training
- Strength training
- Therapeutic exercise
- Nutrition
- Diet and lifestyle
- Weight loss or gain
- Muscle Anatomy
- Plyometrics

...Plus you get complete step-by-step video instruction, lessons and supplements. You also get our unique "Quick Learn" tutor system to help you learn professional nutrition terminology quickly.



**Help is just a click or a call away...just shoot us an e-mail or call our toll-free Home Study Hotline!**

Your instructors are as close as your telephone or computer. Just email or call us toll-free with any questions. Our staff of instructors is on duty year-round to provide you with the authoritative answers you need.

### You train at your own pace – as fast or as slow as you wish. It's easy!

- Your first class starts as soon as you are ready. As soon as you enroll, your lessons are mailed to you. Everything is included with your course...all you need is access to a video player.
- Set your own pace...as fast or as slow as you wish. Videos, lessons and supplements are sent as you need them. As you complete each assignment, you send it to your instructor for grading. Then go on to the next lesson—no need to wait for the results of previous exams. And no classes to attend or schedules to keep!
- No time wasted traveling to class or listening to what you already know. You are in a class of one. If you don't understand something, the class doesn't get ahead of you. You just re-read your lessons or if you need special help, send us an email or call our toll-free Home Study Hotline.
- Your instructors are experts...and they're ready to help you. Your videos, lessons and supplements were written by experts, too, and most of our students have very few questions. But if you do have a question, our expert instructors are on duty year-round to give you the answer you need.
- "Open Book" examinations take the pressure out of testing. We don't try to test you on how much you can remember. We help you learn what you need to know and show you how to find the answers to what you don't know. We believe that open-book exams—just like those many colleges use—are the best way to find out how much you can accomplish in the real world.

*No classes to attend  
No schedules to keep*



Men and women love our training because everything they need is included with the course... there is nothing extra to buy.



**Special Tools!**



**Finest Lessons!**



Flashcards help you with fitness terms and pronunciation.

One of the easiest ways to learn many different simple ideas is through repetition. And the flashcards we include with your course make learning definitions and pronunciations more like a game than a study session.

Lessons and text materials cover every subject.

Your text on human anatomy and physiology is one of the easiest-to-understand textbooks ever written on the subject. Your lessons take you step by step so you always feel comfortable with the course material.

**USCI Certificate**



Your Certificate is a proud symbol of your achievement.

The Certificate we award you is evidence that you successfully completed your training and are ready to start your career as a Personal Fitness Trainer & Nutritional Specialist. At that time you will be entitled to unlimited career support. That means we will help you with your career whenever you ask!

You get all this—to use in your course and keep forever!

**Learn by Doing!**



Special step-by-step video demonstrations.

You get full-length, step-by-step video instruction. These easy-to-understand DVDs allow you to follow our expert instructors as they demonstrate hands-on training, exercises and nutrition information.

Compare the training, compare the opportunity, compare the personal satisfaction!  
You'll be way ahead when you train at home to be a Personal Fitness Trainer & Nutritional Specialist!

**Questions and Answers**

- Q. Is fitness & nutrition a new field?**  
A. Both fitness training and nutrition are well-established fields, yet they're growing rapidly as more and more Americans come to understand the importance of diet and exercise.
- Q. Why do people become Fitness & Nutritional Specialists?**  
A. Because they can make good money and have a skill that is in great demand...and stay fit and healthy themselves as a bonus!
- Q. Where do Fitness & Nutritional Specialists work?**  
A. In health clubs, hospitals, rehabilitation centers, or they can set up their own businesses from home. The possibilities are endless!
- Q. Are there other advantages to this field?**  
A. You can work part-time, start your own business, or take a full-time position—it's all up to you.
- Q. Is fitness & nutrition easy to learn?**  
A. Yes. We show you step by step how to do every required task.
- Q. Do I need any previous education or experience?**  
A. You must be able to read, write and understand directions.
- Q. What is the earnings range for a Fitness & Nutritional Specialist?**  
A. Because salaries vary from one place to another, we suggest you inquire in your area. We think you'll be pleased with what you discover!
- Q. Who will I be working for?**  
A. In most cases you will work directly for a club manager or a highly respected healthcare professional.
- Q. How much work is available?**  
A. With thousands of new facilities opening each year, growth is outstanding!
- Q. How will I find work when I'm ready?**  
A. U.S. Career Institute offers unlimited graduate career support. We show you how to contact employers and present your credentials. When we receive job requests from employers, we keep them for our graduates.
- Q. If I move, will I find work in other areas?**  
A. Yes, there is a need for qualified Fitness & Nutritional Specialists wherever there are health clubs, spas, resorts and therapy centers.
- Q. What is the potential for advancement?**  
A. As a specialist in fitness & nutrition, your earnings grow with your experience, and may also grow if you are promoted to a supervisory position.
- Q. Are there any extras I must buy?**  
A. No. Everything you need to learn this profession is supplied with your course, for one very affordable tuition amount.
- Q. Is U.S. Career Institute accredited?**  
A. Yes. U.S. Career Institute is an Accredited Member of the Distance Education and Training Council. The Accrediting Commission of the Distance Education and Training Council is listed by the U.S. Department of Education as a nationally recognized accrediting agency for distance education. Because of this, our curriculum, faculty, administrative procedures and policies are reviewed on a regular basis to ensure that we continue to meet the DETC's exceptionally high standards of quality.
- Q. If I'm in the military, can I be reimbursed for my tuition?**  
A. U.S. Career Institute is approved for GI Bill and VA benefits. Military personnel, veterans or veteran spouses may be eligible. In addition, USCI is qualified under the Defense Activity of Non-Traditional Education Support, or DANTES program. Military personnel, including those on active duty or reserve, may be eligible for partial reimbursement of tuition upon graduation. For reimbursement information contact your VA or DANTES education officer prior to enrolling.
- Q. What other credentials does U.S. Career Institute have?**  
A. U.S. Career Institute has been a state-approved school since it was established over a quarter of a century ago. Since that time we have trained thousands of men and women for successful careers.



U.S. Career Institute in Fort Collins, Colorado, encompasses many thousands of square feet including administrative, curriculum, student counseling and general warehousing departments.

For Fastest Service, Call and Enroll By Phone...Toll-Free.

**1-800-528-7907**

or visit us at [www.uscareerinstitute.com](http://www.uscareerinstitute.com)

You can pay by check or use your Visa, MasterCard or Discover credit/debit card.

**U.S. Career Institute®**  
2001 Lowe Street  
Fort Collins, CO 80525



Accredited by the Accrediting Commission of the Distance Education and Training Council

*From the desk of Pam Weston, Founder*

**Right now** is the best time to start training to be a Personal Fitness Trainer & Nutritional Specialist. The demand has never been greater!

What other field offers more personal satisfaction and opportunity? Don't wait! Fill out the enclosed enrollment agreement and mail it today in the postage-paid envelope we've enclosed. Or simply call us toll-free at 800-528-7907.

Get started today... you'll be glad you did!

*Pam Weston*