



I believe that the Internship requirement by WITS is invaluable!

It forced me into a real training environment with real clients.

I worked with 5 different trainers and was exposed to different training styles as well as very varied client ability levels.

I saw first-hand how to interact successfully with clients and to keep them moving through their exercises.

The Internship gave me the confidence I needed when I first began working as a Personal Trainer-I was hired at the facility I interned at!!!

Get Moving!

Carole K.