

Fall in love with fitness:

6 signs you belong in the fitness industry

Trust us – the fitness industry is your calling. There's a certain spirit, compassion and drive that make fitness professionals thrive at running a flourishing business and inspiring others to be their best selves. You give others what it takes to succeed because you've got what it takes to succeed.

Here are six signs you belong in the fitness industry:

01.



You want to bring health and fitness to your community.

This is the ultimate goal of every yoga instructor, personal trainer, cycle instructor and other fitness professional who is truly passionate about their work. If you agree with this statement even a little bit, you're in the right industry.



02.

You have an entrepreneurial spirit.

You're not alone: An estimated 540,000 Americans start their own business every year.¹ Your drive isn't fueled by the idea of becoming the next billionaire, however. You genuinely want to help others.

03.



You're both meticulous and people-oriented.

Many entrepreneurs are great on the technical aspects of running a business, but don't do so well when it comes to interacting with people. You, on the other hand, have the right mix of hard and soft skills required for a fitness professional.



04.

You understand the similarities – and differences – between human bodies.

We all have the same structure, yet every body is different. Your goal is to help people be the best versions of themselves.

05.



You believe in a lifestyle that has a positive impact on others.

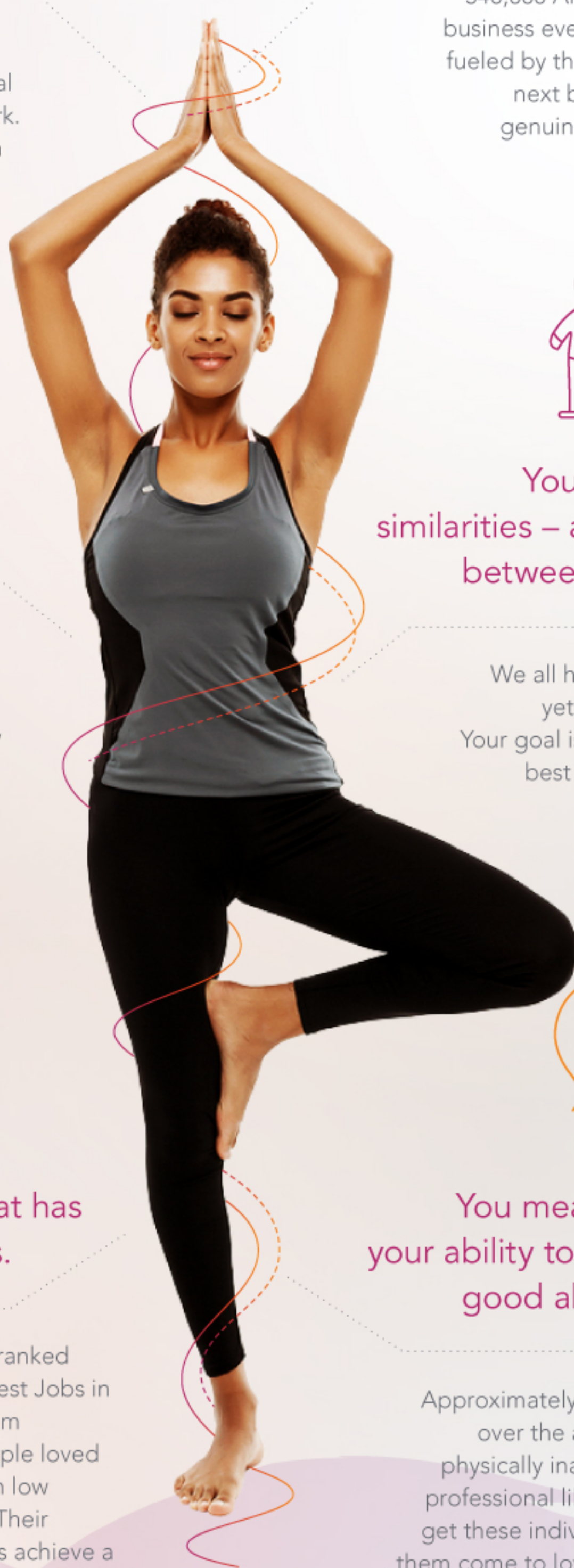
Fitness-related jobs have consistently ranked within the top 100 on CNN Money's Best Jobs in America list over the years. A study from Queensland, Australia, found that people loved working as fitness instructors even with low salaries and government protections. Their reasoning? They wanted to help others achieve a healthy lifestyle and, in some cases, assist others in getting the same results they did.²



06.

You measure success by your ability to help others feel good about themselves.

Approximately 80.2 million Americans over the age of 5 are considered physically inactive.³ A trained fitness professional like yourself can not only get these individuals moving but help them come to love the benefits exercise has on their mind and body.



Hopefully your conviction to help others has only grown after reading this. If so, MINDBODY is ready to help you.

Get in touch at <https://fitness.mindbodyonline.com> to see how our comprehensive studio management software helps you add retail options, open new locations and better serve the needs of your clients.



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1. May, 2017, The 2017 Kauffman Index Startup Activity: National Trends, Kauffman Index, <https://www.kauffman.org/kauffman-index/reporting/startup-activity>
2. 2012, Ocularcentric Labour: "you don't do this for the money", Université Laval, <https://www.jstor.org/stable/41634714?mag=why-people-want-to-be-fitness-instructors>
3. February, 2018, 2018 Participation Report, The Physical Activity Council, <https://www.hhs.gov/fitness/resource-center/facts-and-statistics/index.html>