



5 WAYS TO RENEW YOUR LOVE OF FITNESS

Below are 5 excellent tips on how to re-charge your battery and renew your love for teaching!

1. Take a course or workshop

It sounds obvious (and expensive) but the truth is, sometimes we forget the value of continually educating ourselves-not because we need to for renewal credits but to stay on top of the latest trends in the industry. This is key to keeping you 'in-demand' as an instructor and giving you the edge over a peer who hasn't made the effort to do the same. Often, group exercise directors are looking for multi-talented instructors versed in a variety of formats, so seize this opportunity to further your career.

2. Go to a fitness conference

Sometimes these can be overwhelming, not to mention physically and mentally exhausting, but you'll often find the most up-and-coming equipment or fitness trends presented at conferences and the energy and exciting environment experienced when there is truly indescribable. Get out there, get involved and surround yourself around other like-minded individuals to spark your inspiration.

3. Take another instructor's class

Sure, a step class is a step class. Or is it? Aside from the different levels of step classes (beginner to advanced) each instructor brings a different flair to his/her class. It's also a great opportunity to revisit some moves you perhaps haven't used in a while-what a great way to remind yourself of them and bring them back into your classes!

4. Remind yourself of why you became an instructor

What was it about teaching fitness that caused you take time out of your busy life and dedicate yourself to instructor training and certification? Was it to motivate others to achieve success? Was it to ensure people were taking safe classes? Was it to get more people into healthy and active lives? Reminding yourself of why you are in 'the biz' is always important to do every few months.

5. Get ICEd

Intimidating for sure, however regular ICEs are excellent ways to have your supervisor provide you with constructive feedback and ideas on how to improve your class. You might walk away inspired.

Daniela Tempesta has over 10 years experience in the industry. She is a BCRPA registered Trainer of Fitness Leaders, consultant and fitness champion. She has authored many fitness resources and presents workshops in a variety of group training formats. She can be contacted at: www.danielatempesta.com or danielatempesta@shaw.ca.

Remember, you are human, and it's ok to experience a lull. In fact, if looked at from a positive perspective, your short-lived lull can turn into a beautiful learning experience not only for your career, but for yourself!

