



**U.S. Career
Institute®**
Dream › Learn › Succeed™

*Train
at Home*

High-Growth Industry & In-Demand Career!

Certified Personal
Fitness Trainers &
Nutritional Specialists
can earn up to
\$20/hr!



Be a

***Certified Personal Trainer
& Nutritional Specialist!***

Here's everything you need to know...

Stay fit and healthy while you work!

> **Certified Personal Fitness Trainer**

Let us show you how easy it is to train at home to be a Personal Fitness Trainer & Nutritional Specialist!

Now it's easy to train with U.S. Career Institute for an exciting new career as a Certified Personal Fitness Trainer & Nutritional Specialist...and the operative word is CERTIFIED! 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 was not certified by an accredited institution? Probably not. A Certified Personal Fitness Trainer & Nutritional Specialist is in a class all their own...and that's what you'll be when you graduate from our Personal Fitness Trainer & Nutritional Specialist program and pass the CPT (Certified Personal Trainer) exam through the NCSF (National Council on Strength and Fitness).

What other field offers so many exciting choices?

As a fully trained Certified Personal Fitness Trainer, you can work for spas, resorts, clinics, health clubs, pro sports teams, cruise lines or even start your own business as a Personal Trainer, from your home.

Training that fits your life.

Our Fitness & Nutrition program will teach you everything you need to know to start working as a Certified Personal Fitness Trainer & Nutritional Specialist...even if you don't have any previous fitness or nutrition experience!

No need to change your daily schedule. No need to take time from your family or job. There are no classes to attend and no schedules to keep. Your program includes everything you need to succeed!

You study when it's convenient. You set your own pace. Complete your lessons as quickly as you wish. You can be ready to work and start making money in as little as four months. You're in a class of one—you!



There is a high demand for Certified Fitness Trainers & Nutritional Specialists because organizations of all types recognize the benefits of health and fitness programs for their employees. For this career, the U.S. Department of Labor projects 10% growth, as fast as average, from 2016 to 2026.² Incentives to join gyms or other types of health clubs is expected to increase the need for fitness trainers and instructors. Be in shape, be healthy and share your skills and knowledge with others!

Experts guide you step by step

Faster than you ever thought possible, you'll be ready to start a new career as a Personal Fitness Trainer & Nutritional Specialist. You learn step by step from expert instructors with years of experience. Even beginners make fast progress because everything is explained in easy-to-understand language with plenty of examples to show you exactly what to do and how to do it. Your program even includes video demonstrations that help you develop proper exercise techniques.

Stay fit and healthy while you work!

> Certified Personal Fitness Trainer

Training with us is easy!

Imagine a class that always starts the second you're ready. One you don't have to travel to attend. A class that moves quickly through lessons you find easy and slows down on the topics you choose. Think of having an expert instructor standing by to answer your questions and cheer you along, just a phone call or email away. This is no dream. This is U.S. Career Institute!

Set your own pace!

Go as quickly as you wish, graduate in as little as four months. Lessons are available as you need them. As you complete each assignment, 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 if you want to take time off for a vacation, your lessons wait until you return.

Open-book exams 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.

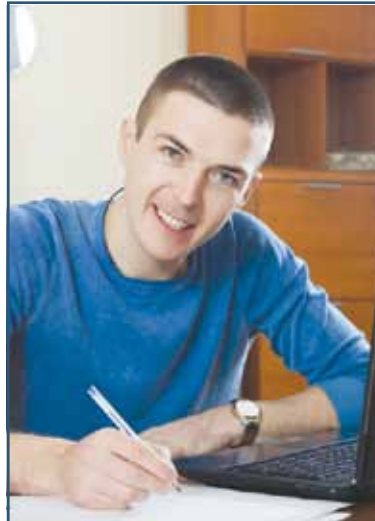
These are just a few of the subjects covered in your program!

- ✓ Fitness Training
- ✓ Strength Training
- ✓ Nutrition 101
- ✓ Diet & Lifestyle
- ✓ Muscle Anatomy
- ✓ Plyometrics
- ✓ Training for Weight Loss or Weight Gain
- ✓ Developing an Exercise Prescription



Whenever you have a question, send us an email or call us toll-free for quick answers!

Your instructors are an email or phone call away! Just email us or call the toll-free number we send you as soon as you enroll. Our staff of instructors is on duty year-round to answer all your questions.



A wonderful online experience!

"The enrollment experience was wonderful...I selected what course I wanted and I started right away...I had someone call to make sure I was doing great...the online portal is very easy to use, I have absolutely no complaints, thank you so much!"

Frank A.



• No classes to attend...no schedules to keep!

Talk about flexibility! Our program couldn't offer you more. No classes, no rigid schedules, no commute, no interruptions in your regular activities and commitments. You study when and where you want. What could be better than that?

• Fitness & Nutrition specialists are important members of the healthcare team...

...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. Busy professionals in your community need your help to plan their fitness schedules and ensure they get the right diet and exercise. As a Personal Fitness & Nutritional Specialist, you'll be respected and appreciated for your knowledge and your care.

• DEAC accredited.

We are accredited by the Distance Education Accrediting Commission in Washington, D.C. You will be as proud to display your U.S. Career Institute Certificate as we are to award it to you.

• Career support when you graduate.

Once you graduate, you will be entitled to career support throughout your career.

We want you to have all the facts!

Our salary and employment figures are compiled from information published by the U.S. Department of Labor. Individual student earnings can vary depending on many factors such as the amount of experience you have, whether you work full-time or part-time, and where you work.

No classes to attend - no schedules to keep.



Your training can start to pay for itself in your first few weeks of work!

No classes to attend! No schedules to keep!

NCSF-CPT Certification Exam Included in your Tuition.³

\$300 value! Build Employer Confidence—Get Certified!

Career Starter Guide

The Career Starter Guide will give you step-by-step guidance in getting your first job. Learn how to create a great résumé, write a letter of inquiry and how to perfect your interview skills.

We reserve the right to substitute items of equal or greater value when it becomes necessary.

Career Coach program

We invest in you— up to \$400 Value⁴

After completing your certificate course, our Career Coach Program is an included benefit that will give you one-on-one access to a Career Coach Specialist. Our course and Career Coach Program can prepare you with the skills needed to help you start your new career.



► Nestled in the shadows of the beautiful Rocky Mountains in Fort Collins, Colorado, U.S. Career Institute encompasses many thousands of square feet including administrative, curriculum, student counseling and general warehousing departments. Our dedicated employees are ready to serve you year-round to ensure the absolute finest in home study training.



For Fastest Service, Call & Enroll by Phone...Toll-Free
800-528-7907

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



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Q & A QUESTIONS AND ANSWERS

- Q. Do Fitness & Nutritional Specialists work at home?**
A. Many do work at home. Or you can choose from exciting places like spas, resorts, country clubs or cruise ships. Or work for rehabilitation centers, health clubs or hospitals.
- Q. Are there advantages to working at home?**
A. Yes. You are your own boss. You set your own schedule and rates. Plus you save money on child care, lunches, clothes and transportation. In addition, you will probably qualify for many tax deductions.
- Q. Do I need any previous education or experience?**
A. You must be able to read, write and understand directions. You also need to have normal physical motor skills. U.S. Career Institute offers graduate support. This means we show you how to present your credentials, network and market your skills.
- Q. How do I become Certified?**
A. When you graduate, you will be eligible to take your CPT (Certified Personal Trainer) exam, administered by the NCSF (National Council on Strength & Fitness). Upon graduation and paid in full tuition, we'll send you the official NCSF exam study materials and we'll pay your NCSF exam fees—a \$300 value!
- Q. Is U.S. Career Institute accredited?**
A. Yes! U.S. Career Institute is Accredited by the Distance Education Accrediting Commission. The Distance Education Accrediting Commission is listed by the U.S. Department of Education as a recognized accrediting agency for distance learning schools. Because of this, our curriculum, faculty, procedures and policies are reviewed on a regular basis to ensure that we continue to meet the DEAC's exceptionally high standards of quality.
- Q. Will my credits transfer to other institutions?**
A. The acceptance of transfer of academic credits to another institution is determined by the receiving institution. Colleges/ institutions individually establish criteria for transfer credit acceptance based on many factors, including but not limited to course content, final grade, credits per course, type of accreditation, age of credits, etc. U.S. Career Institute certificate courses may or may not transfer to other colleges and transferability depends solely on the receiving institution's criteria and determination. U.S. Career Institute does not imply or guarantee the transferability of credits from its courses.
- Q. If I'm in the military, can I be reimbursed for my tuition?**
A. U.S. Career Institute is approved for military education benefits. This includes the GI Bill. Military personnel, veterans or veteran spouses may be eligible. U.S. Career Institute also accepts MyCAA funds for military spouse education assistance. For more information contact the Veteran's Administration or your military education office prior to enrolling.
- Q. Will my employer reimburse me for my tuition?**
A. Some companies have tuition assistance programs. Students should check with their supervisor or personnel department for additional information.
- Q. Are there any extras I must buy?**
A. Everything you need to learn this profession is supplied with your Program. You will need access to a DVD player.



¹ With experience, <http://www.bls.gov/oes/current/oes399031.htm>, 5/15/18

² U.S. Department of Labor - Bureau of Labor Statistics, <https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm#tab-6>, 5/15/18

³ Upon graduation and paid in full tuition.

⁴ Value depends on graduates' use of services available to them.