



## Carolayn Crane

Working in the fitness industry for over 20 years I continually add to my list of certifications, education and workshops. Being a fitness professional KNOWLEDGE is your business. For a fitness professional to take on working with people and being paid to care for others, it is crucial that they have the education and certifications to do so. Fitness instructors or trainers that do not hold intensive certifications for training, or group fitness classes with the additional certifications in functional anatomy, injury and rehab can be of detriment to their potential clients. Operating without this knowledge is irresponsible and potentially dangerous. It is important for clients to do their due diligence when hiring a true fitness professional. Do NOT just take their resume as fact. Instead, cross reference the list of credentials to make sure that they have indeed completed the education stated. The internet has made this very easy; and mostly all accredited fitness certification allow

access to resources to confirm the name, address and contact information of all their fitness professionals that have in fact passed and completed their certification. Get the right trainer for you! Your body is their business. You are paying for knowledge and credentials, make sure you are getting what you pay for.