

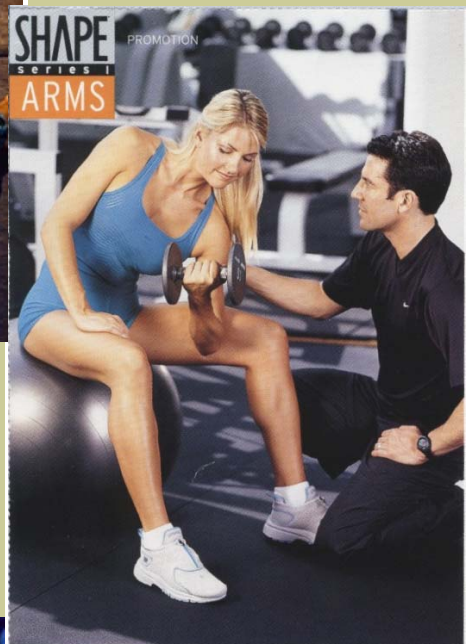
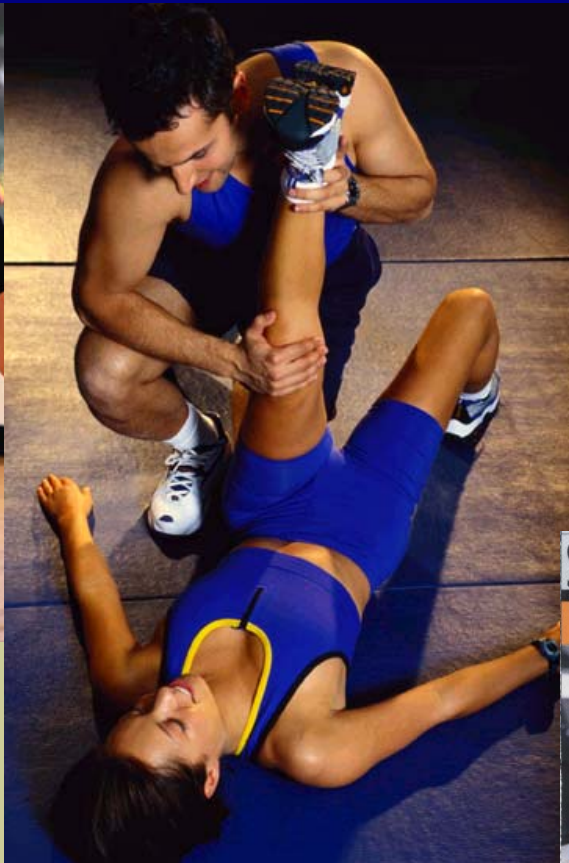
# Own your own fitness school



Become a top-notch fitness presenter



Go into business with the top pro's in fitness



Train trainers, teach teachers & earn exceptional income!



## Fit Careers Graduates:



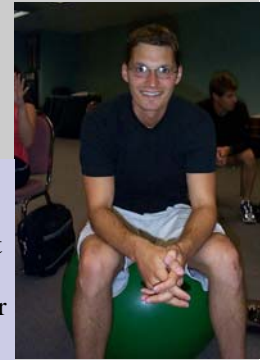
"I decided to change careers and become a personal fitness trainer after working in the corporate world as a Senior Writer for more than 20 years. My first step was to take the Personal Trainer Course and Advanced Personal Trainer Course offered by Fit Careers. My instructor provided an introduction to the field (including the pro's and con's of different employment options) as well as technical information that prepared me to successfully pass the ACE Certified Personal Trainer Exam the first time!

The Fit Careers courses provide you with a solid foundation to become the best personal trainer you can be!"

Kathy Elbert, BS, ACE-certified Personal Trainer

"Fit Careers put me on the fast track to a successful fitness career. I absolutely love my new in-home business and could have never achieved the success I am enjoying without taking the Fit Careers course.

Billy Nelson, ACE-certified Personal Trainer



## What can Fit Careers offer me?

As a seasoned instructor or trainer, you've experience the rewards of changing lifestyles and lives. Fit Careers is an opportunity to experience these rewards at an even higher level as you open up new doors and launch new careers. If you're a director or coordinator at your gym, you probably **ALREADY DO THIS WORK**. Fit Careers offers a business structure to quickly bring you the income you deserve from your efforts.

*"Fit Careers courses are the absolute best first step towards a rewarding career in fitness. This course jump-started my personal training career. The instructor taught me things I wouldn't have ever learned from a certification or a college degree."*

*Bridget Periera  
Overland Park, KS*

### Fit Careers IS:

- \*A franchise organization of locally owned schools
- \*Practical training and certification review
- \*A "success in fitness" school
- \*A chance to profit from your passion and create exponentially increasing income from your fitness networking.
- \*A business option for the fitness industry elite
- \*Backed by industry pro's (see back page)

### Fit Careers IS NOT:

- \*A multi-level marketing, or pyramid scheme
- \*ANOTHER certification
- \*Bugging family & friends to buy something
- \*Something you'll lose enthusiasm in a few weeks after starting
- \*A student loan scam
- \*Available to anyone as a business opportunity
- \*A weak program lacking credibility
- \*More hard work to make someone else money

## Do I really need Fit Careers? Why not just open my own school?

Because we've operated courses for sometime now, we know the obvious first thing to enter your mind: why don't I just start my own fitness course and save that franchise fee?

Here are a few of the reasons you'll be much more successful with a Fit Careers franchise than 'going it alone.'

- \*Unless you are internet savvy, you'll spend three times the franchise fee just getting a website set up
- \*You can accept credit cards for payment
- \*Save HOURS on the phone answering questions—readily available information online for students
- \*Online registration allows your students signed up immediately while they are interested—the end of "the check is in the mail."

- \*Professionally produced logos & promotional materials
- \*You're protected by law with copyrights, trademarks, facility host agreements, and other legal matters — "i's dotted and t's crossed"
- \*You'll get re-motivated every year at **Fit Careers Summits**—high-energy meetings of franchise owners, led by Fit Careers Board of Directors: Jay Blahnik, Angela Broderick, Phil Arney, Juliane Arney and others. Learn about teaching teachers from the industry's best!
- \*Unbelievable networking — at franchise summits (above) and fitness networking events you'll organize in your own community with support from Fit Careers.



Hi, I'm Jay Blahnik.

Taking a Fit Careers course is an excellent first step for anyone pursuing a new part-time job or an entire new career. Students learn the practical skills, the technical information and the business aspects of fitness.

I've long been an advocate of providing fitness professionals with education and tools to maximize the rewards of this great profession.

And now, Fit Careers is doing just that – by opening the door to new business and growth opportunities. You can own your own school.

“Teaching teachers” is a wonderful career experience. You can become a fitness presenter, and make the income you deserve by working just a few evenings or weekends. I'd encourage you to call Angela Broderick, President of Fit Careers at (913)269-9642 for more information.

In good health,

Jay Blahnik

Become a presenter. Own your own instructor training school. Increase your income dramatically! Fit Careers is now accepting applications for new franchisees. Call now so you can hold your first course this summer!

## About Franchising

Wendy's, Subway, Jazzercise, Sylvan Learning Centers...all franchised businesses. All examples of where today's entrepreneurs are finding opportunity and wealth.

Merry Maids, McDonalds, Starbucks, Curves, Jenny Craig...more examples. You can find hundreds more at Franchise.com or other websites.

You'll also find that these franchises require significant initial capital—\$100,000 to 1/2 million dollars.

**Q:** *I'd love to own my own business, but what's the benefit of franchising?*

**A:** Owning your own business brings personal fulfillment and financial rewards. But the needed up-front capital just to organize the business, advertise and develop a brand are often too much for even the most business savvy entrepreneur. Hence, the success of franchising. The power and support of a larger organization paired with the creative freedom of your own local business provides many with an option for successful business ownership.

**Q:** *I'd love to run my own fitness school and work with pro's like Jay Blahnik. What about the \$\$\$ - would my accountant and business advisors think Fit Careers was a good investment?*

**A:** Absolutely. Your accountant will be in favor of all the benefits: Reducing your personal risk. Launching a powerful brand. So much non-revenue producing work ALREADY DONE for you. And a FAST return on investment. Fit Careers is a unique business opportunity in that

you can “open” a business with almost no risk. No signing your life away to personally guarantee a lease on space for the next five years. No pressure to turn inventory or meet payrolls. Thousands of hours of work already done for you...web development, content development, copywriting, and numerous forms & flyers.

**Q:** *What's involved in getting started?*

**A:** Fit Careers franchises are unique in the world of franchising in that not just anyone with the money can become an owner. Before you can buy a Fit Careers franchise you must be qualified to direct and teach the courses. You can look at an application at [www.FitCareers.com](http://www.FitCareers.com). After you are qualified, you have to make decisions about how big you want your business to be and which courses you want to teach. Then you can easily look up the prices and even business models that show how quickly you recoup your investment and begin increasing your income phenomenally. You can hold your first course within 60 days of buying a franchise.

The risk is low, the rewards numerous. Find more information online, or call Angela at (913)269-9642.

**Fit Careers Franchises available:**  
\*Personal Training course  
\*Group Exercise Instruction course  
\*Combined school (PT & Group Ex)

### Are you Fit Careers Director material?

- Do you have a passion for teaching fitness?
- Are you comfortable organizing local networking groups or luncheons in your community?
- Have you been certified and working in fitness at least five years?
- Do you have an entrepreneurial spirit? Are you seeking new leadership opportunities?
- Are you a role model for other instructors and trainers?
- Are you interested in becoming a continuing education provider? A top-notch presenter?
- Do you find yourself mentoring others? Would you love to make income from this time and energy?

INFORMATION ON FRANCHISES:  
 ANGELA BRODERICK, MA  
 PRESIDENT, FIT CAREERS  
 WWW.FITCAREERS.COM  
 (913)269-9642



*"I opened a Fit Careers school to make money, though I've discovered numerous other benefits as well...it's been a catalyst for gaining respect from program directors and the media in my community, the PR support from Fit Careers is amazing and directing a school has enhanced my credibility with current and prospective clients."*

*Melody Williams, Fit Careers Course Director  
 Springfield, Missouri*

## Fit Careers Fitness Advisory Board

### Juliane Arney

Awarded "Delegates Choice 2003 International Fitness Presenter of the Year" at North America's largest gathering of fitness professionals, CanFitPro, and a finalist for the "2004 IDEA Fitness Instructor of the Year," Juliane Arney's authentic, dance-based and do-able group exercise programs are helping instructors world-wide fill their classes and recruit masses of loyal students.



### Mindy Mylrea

Mindy Mylrea is the 2000 International IDEA Instructor of the Year, a National and World Aerobic Champion, a sponsored athlete, and a five star presenter for IDEA.



### Keli Roberts

The IDEA Instructor of the Year in 2003, Keli Roberts grew up in Australia, and from a very early age was active and involved in competitive sports. Keli's first group exercise classes included celebrities such as Nicole Kidman, Janice Dickenson, Beverly Johnson, Lauren Hutton and Jennifer Gray. Her personal training clientele included Cher, Kirsty Alley, Jennifer Gray, Jennifer Jason-Lee, Susan Dey and Faye Dunaway. Keli teamed up with SPRI Products to develop educational videos on how to use rubber resistance products, as well as manuals and videos for The Body Bar.



### Rob Glick

Rob is the Regional Group Fitness Director for Crunch, in Orange County, California. Rob is a Master Trainer for Schwinn and part of the BOSU development team. Rob has been featured in 20 exercise videos and is a regular featured target trainer in Shape Magazine.



**Tatiana Kolovou MBA**, is the owner of Team Performance, a professional development and consulting company. She is also a training consultant for Indiana University's Human Resources, designing and conducting seminars. Tatiana has over 16 years of experience in the health and fitness industry as a fitness manager, national presenter and coach. Tatiana's education includes a bachelor's degree in Exercise Science and a Master's degree in Business Administration.



### Helen Vanderburg

A former World Champion synchronized swimmer and Olympic Gold Medalist, Helen has won international awards and accolades both as an athlete and a fitness leader. Helen was named Canada's Outstanding Female Athlete of the Year for an unprecedented three consecutive years, has been inducted into both the International Aquatic Hall of Fame and the Canadian Sports Hall of Fame. In 1996, Helen was awarded the IDEA Program Director of the Year and the CanFitPro (Canadian National) Instructor of the Year.



## Show me the money...

So just how much do I have to invest, and how long will it take to make a profit?

That's the best news Fit Careers has for you: after just eight students have taken your course you will have paid for your entire investment. Small businesses often spend months getting to a break-even point, or finance a project over several years to pay for it. You'll be debt free after one class. The risk is low and the rewards fast. Take a look at these figures and call us to discuss how you can launch a school in your community.

Financial forecasts of courses (assuming early bird, regular

tuition for all attendees):

#### Personal Training Course

License investment: \$2,500

Breakeven point: 7 -8 students

Three courses of 12 students: \$10,764 with profit of \$8,264

#### Group Exercise Course

License investment: \$1,900

Breakeven point: 8-9 students

Three courses of 12 students: \$8,100 with profit of \$6,200