

THINKING ABOUT A CAREER IN FITNESS & NUTRITION COACHING?



Lexington
Healing Arts
Academy

Here are several things to consider.

- In 2014 there were 144.7 million members utilizing more than 180,000 health clubs - generating \$84 billion in revenue worldwide.¹
- Job prospect should be best for workers with professional certifications or increased levels of formal education.²
- Consumers continue to gravitate toward lifestyles grounded in health and wellness - the fitness industry is cashing in to the tune of nearly \$100 billion globally.³
- In 2016 there were approximately 299,200 fitness trainers and aerobics instructors employed in the U.S. and the expected employment growth is 30,100 jobs by 2026.⁴

2019 Fitness Trainer & Instructor Statistics

- Median Pay: \$40,390 per year
- Number of Jobs: 373,700
- Job Outlook: 15% (much faster than average)

1. The International Health, Racquet and Sports Club Association (IHRSA)

2. Bureau of Labor Statistics

3. Business Insider, September 2019

4. Learn.org

Fitness & Nutrition Coaching Program Facts

- Graduates complete the program with three certificates: National Academy of Sports Medicine (NASM) Certified Personal Trainer, Precision Nutrition Level 1 Nutrition Coach, LHA 600-hour Certificate of Completion.
- Program schedule is convenient and flexible with Saturdays from 9 am - 5 pm, online weekly schedule with faculty check-ins throughout the week.
- Students can finish in 42 weeks.
- Students participate in 80 hours of externship.
- 2019 - 2020 LHA Program Statistics:
 - Retention: 100%
 - Placement: 82%

