

Personal Trainer Cover Letter Sample 1

Gerald Brunswick

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GeraldB@email.com

626 – 335 - 4715

Mr. James O'Brian**Complete Fitness Gym**

1469 Rolling Hills Way, Dover, New Jersey, 80552

Dear Mr. O'Brian,

Upon seeing the open position you have posted on your website for a personal trainer, I am writing to express my interest. For me, fitness provides an array of possibilities akin to physical and mental health. Needless to say, I take it quite seriously. I graduated from Rider University, and hold a degree in Exercise Science. I am confident that with my degree and experience, I would make an ideal candidate for your establishment.

I have been working as a personal trainer at Best You for the last several years, and though I have enjoyed my time, I am ready to expand my horizons. My regular duties include designing and implementing training programs that are tailored to fit any individual's needs. Crafting detailed and highly effective diet plans in accordance to workouts is another way I help serve my clients. Additionally, I model and promote fitness regimes to gain firsthand experience, and keep myself informed on the latest findings.

My specialty lies in working with clients who are experiencing specific problems related to injury and obesity. I have become an expert in creating training programs and diet plans that derive the maximum benefits and promote quick changes. My clients have experience success under my programs, and are more than willing to personally attest to my effectiveness as a personal trainer. Another part of my job at Best You was to attract interest in the Pilates and Yoga classes we offer.

Aside from my vast knowledge of fitness and nutrition, I possess the ability to motivate and inspire clients, ultimately helping them reach their goals. My leadership skills are top notch, and I know how to work with a wide demographic of people. Being committed to my job is another one of my skills. I understand that all my clients deserve my full attention and energy, as well as a positive outlook. My communication skills have helped me build a strong and loyal client base, and I look forward to bringing this to your establishment as well.

Fitness is truly a passion of mine. I strive to help others reach their best selves, but never forget to work on my own personal development. My schedule is very flexible, and I would be able to meet with clients most days of the week, as well as on weekends. I look forward to discussing my credentials with you further. Thank you for your time and consideration!

Sincerely,
Gerald Brunswick