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|  | General Listening, lesson 3 |
|  | **For these questions, choose the correct answer.**  **You have 45 seconds to read the questions. You will hear the recording twice.** |
|  | **F:** Good morning Bruce. Thanks for coming to talk to us about your work. First, can you tell us what you do?  **M:** Yes, until last year, I worked in a gym as a fitness instructor – showing people how to  use the exercise equipment and leading exercise classes – but I’m now a personal trainer, working with one person at a time. So I discuss their needs, make an exercise plan, advise on diet and spend time training with them, advising and encouraging.  **F:** What do you like about your job?  **M:** Oh, earning a living from doing what I’ve always enjoyed doing anyway is one thing. Most of all though it’s helping people to turn their lives around. Some of my clients have lost an incredible amount of weight or recovered from other problems. And for me that’s the big reward. Every day is different. You could be working with a top athlete one day, someone with special needs the next or someone who just wants general health benefits. And each one has different needs.  **F:** Is there anything you really dislike about it?  **M:** Well, there are disadvantages. Some days I have to get up and run with a client in a cold wintery field. But would I rather be in an office? Definitely not! I often have to work evenings and weekends – ‘cause that’s when most people prefer to exercise. And I really wish that wasn’t the case. The money's not very good: even for people with good qualifications. But I’m doing what I love, so I don’t mind that.  **F:** What kind of person do you need to be to succeed in this job?  **M:** Well, a perfect powerful body isn’t essential but a passion for health and fitness is, plus great communication skills. You need an ability to make your clients feel confident and want to succeed, but you mustn’t expect too much from them too soon – that’s important. And you need a few basic qualifications and certificates of course.  **F:** Are there good job opportunities for personal trainers?  **M:** Yes and no. You can get work at a health club, leisure centre, hospital, university or on a cruise ship, or with a team of athletes. So plenty of choice for your first job. To move up in your career though – well, the options are more limited; some people change to a new role as manager of a health club. Or, if you fancy being your own boss, experienced trainers can sometimes do well on their own. But that doesn’t work for everyone. |