

NFE News



November 09

Northern Fitness and Education New Sheffield Programme 2010

Northern Fitness and Education (NFE) has a new Sheffield programme that will give you everything you need to train to be a...

- **Professional Personal Fitness Trainer**
- **Professional Children's Fitness Instructor**
- **Gym Instructor**
- **Studio Instructor**

NFE Personal Trainer Award

Personal training has become a huge market and can be a truly rewarding career path. The NFE Personal Trainer Award covers everything you will need become a professional, knowledgeable, skilled fitness professional with an accredited CYQ Personal Training qualification. Once you qualify you will hold a level 2 and 3 Gym Instruction, Nutrition and Weight Management, Training in Different Environments, Client Lifestyle & Fitness Assessment and Sports Conditioning (optional). You will receive the best tutoring, guidance and support from our team of experienced talented nationally recognised presenters currently working in the industry. Our next programme starts in Sheffield in January 2010, book now!

NFE Professional Children's Fitness Instructor

Children and Teens fitness is a rapidly expanding market and we at Northern Fitness and Education intend to play a major role in improving the quality of activity delivered into schools through our brand new "Tots to Teens" training programme's for fitness professionals.

Imogen Buxton a top UK children's fitness presenter and NFE Tutor has been working with children for more than 10 years. Her knowledge and experience with children and their teachers within schools has been tried, tested and is highly successful. With Imogen's knowledge of working with children and NFE's expertise in training and education we are positive our **Tots to Teens** programme will greatly enhance the skills and knowledge of fitness professionals nationwide who are keen to start working with children safely and effectively.

Learn to work with young children from 3 years through to 18 years confidently and creatively in popular styles of dance and fitness or within the gym environment.

- Fit for Tots (NFE)
- Fit For Teens (NFE)
- Health Related Exercise for Children (5 – 16 years) CYQ
- Adapting Gym for Adolescents (10 years and upwards) Active IQ

NFE **Tots to Teens** Programme runs throughout 2009 and 2010 in Sheffield and Leeds.

For further information on all Northern Fitness & Education workshops and courses please contact: info@northernfitness.co.uk or visit www.northernfitness.co.uk. Tel: 01943 879816

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