

# FITNESS AND WELLNESS COACH



Help Clients Get  
Healthy and Lead a  
Better Lifestyle

 **New Horizons<sup>®</sup>**  
*Learn What Earns*

# A Better Way to Learn

Traditional education isn't for everyone. Curriculums are broad, schedules are rigid, and the commitment is a huge time-suck, taking years (and years) to complete. Oh, and it's expensive, too, leaving students drowning in debt. **That's why we're dedicated to providing better options.**

## 6 years

The time most people take to earn a four-year college degree.\*

[\\*NPR](#)

## 33%

Percentage of underemployed college graduates in 2020.\*

[\\*Federal Reserve Bank of New York](#)

## 213%

Increase in college tuition over the past three decades.\*

[\\*CNBC.com](#)

## \$26,900

Average student debt from four-year public schools in 2018.\*

[\\*CNBC.com](#)

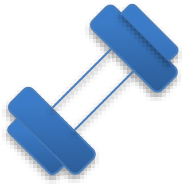
## Our Passion:

Because we've walked a mile (or two) in your shoes. We know what it feels like to drag tired feet across the unforgiving floor of a dead-end job. We understand the pressure to provide for a family. And we believe you deserve better. That's why we've spent the last 25+ years doing everything we can to improve eLearning and develop the most comprehensive healthcare training programs on the market. And we won't stop until you succeed—until you become a better version of yourself. And that's a promise.



# Fitness and Wellness Coach

## INDUSTRY FACTS



### What do personal trainers do?

Personal trainers have a gift for inspiring others. They take care of their minds and

bodies, and that dedication yields a number of benefits—increased strength, greater mobility, boosted immune system. But here's the cool part. Personal trainers have a wealth of knowledge and they love sharing it with the larger community.

They help others develop the skills necessary to successfully engage in physical activity. They assess their clients' current fitness levels, provide guidance, and help them achieve their personal goals. Here's what a typical day or week might look like:

- Teaching proper fitness and nutrition habits
- Observing clients' exercise routines and tracking their progress
- Developing fitness/meal plans based on client's needs and goals

### Where do they work?

Certified personal trainers work in a variety of facilities such as health clubs, fitness centers, yoga studios, and even client homes.

### How much do they earn?

According to the U.S. Bureau of Labor and Statistics, the average salary for personal trainers is just below \$40,000 per year. Remember that salaries vary based on location, facility, and experience level.

### How's the job outlook?

Employment of fitness trainers is projected to grow 13% through 2028, much faster than other occupations. And as businesses (across all industries) start prioritizing health for employees, the need for folks with exceptional knowledge in the field will just continue to grow.

"I was very impressed with what New Horizons of Wisconsin had to offer. Affordable pricing for a comprehensive program, combined with the support and flexibility I needed. A perfect choice!"

**JESSICA C., New Horizons of Wisconsin LEARNER**

# Fitness and Wellness Coach

## PROGRAM DETAILS

### Improve Your Life

When it comes to career training, you'll find a lot of sub-par providers out there. Salespeople that'll try to impress you with fancy hyperbole. But through all the noise, the distinct sound of success can be heard. Your success. All it takes is a little push. A nudge in the right direction—and your whole life could change. New doors opened. New worlds discovered. New opportunities explored.

### Prepare For A Better Job

People are looking for smart, honest professionals to help them develop habits that allow them to live healthier, happier lives. With the right training, you could be the one people turn to when they're ready to put down the burger, get off the couch, and start moving.

### Learn Your Way (From Home)

With online training, you can absorb more knowledge and learn more skills—fast.

- **Study on a schedule that fits your life**
- **Progress at a pace that matches your learning style**
- **Adjust the time and effort you devote to your coursework each day**

### Receive Coaching and Guidance

When you train with New Horizons of Wisconsin, we back you every step of the way—from signup through course completion.

- **Learner support**
- **Technical support**
- **Career support (interview coaching and resume reviews)**

### Get Certified

This program prepares learners to take the ACSM Personal Trainer certification exam.

### Program Courses

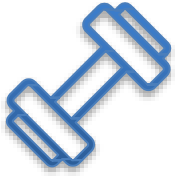
Course
Program Orientation: Personal Fitness Trainer
Foundations of Health and Fitness
Personal Training
The Human Body
Special Population & Human Behavior
Program Completion: Personal Fitness Trainer

**TOTAL WEEKS: 4**  
**ONLINE COURSEWORK,**  
**SIMULATIONS, AND EXPERIENTIAL**



# Fitness and Wellness Coach

## LEARNING OBJECTIVES



People are looking for smart, honest professionals to help them develop habits that allow them to live healthier, happier lives. With the right training, you could be the one people turn to when they're ready to put down the burger, get off the couch, and start moving.

This course is packed with extensive content that will make you the go-to authority on the topics of behavior modification, exercise routines, and injury prevention.

### Program Orientation: Personal Fitness Trainer

- Initiate Personal Fitness Trainer Program.

### Foundations of Health and Fitness

- Use a personalized approach to help create a program aimed at developing a lifetime fitness and wellness lifestyle.
- Understand and apply behavior modification techniques.
- Learn how to incorporate healthy eating guidelines to create an effective wellness program.
- Gain an understanding of personal recommended body weight and body composition and how it is vital to setting clear and realistic weight loss goals.
- Explore factors that influence weight management and the roles of exercise intensity and duration in weight management.
- Review how behavior changes and modification can support healthy and lifelong weight management.
- Learn and explore Cardiorespiratory (CR) endurance and how it is the most important component of health-related physical fitness.
- Explore the benefits of muscular fitness achieved through strength-training or resistance training for health and well-being.
- Gain an understanding of the benefits of flexibility, factors that affect how flexible a person is, and how to assess flexibility that will help develop a successful stretching program to improve overall fitness and functional mobility throughout life.
- Review exercise prescriptions to avoid injury, break through fitness plateaus, and to create training programs.
- Evaluate how risk factor management and positive lifestyle habits are the best ways to prevent cardiovascular disease
- Analyze ways to assess stress and techniques that can help management stress.
- Become educated about addiction and the risks of substance abuse, and how to make more informed decisions when dealing with substances.

### Personal Training

- Gain knowledge of the world of personal training and some of the characteristics that pertain to the profession, and to the general world of health and fitness.
- Explore the legal aspects that will help protect the personal trainer, client, and the business.
- Review the process of personal training, from the first client consultation to creating and implementing an exercise program.
- Develop a fitness program that is safe, realistic, and efficient for their fitness clients.

### The Human Body

- Use the appropriate terminology to describe the human body.
- Identify the structures and functions of the major body systems.
- Examine common pathologies of the major body systems.

### Special Population & Human Behavior

- Explain how to properly assess clients with special needs.
- Explain the process of developing a program for a client with special needs.
- Explain the Transtheoretical Model.
- Compare the theories of behavioral change.

### Program Completion

- Prepare to take next steps for program completion.

**Total Cost: \$5280**

**Total Weeks: 4**

**Online Coursework, Simulations, and Experiential**

# Upgrading People Every Day



## Our Mission

We empower our students and enable their professional career success in our community and in our workforce by providing a high-quality career training and educational experience.

### We support our mission through:

1. Continuous evaluation of the educational experience and our programs to be responsive to changes in our workforce, economy, and communities
2. Integrating leading-edge information technology into teaching, learning, and school management
3. Providing high quality professional career opportunities for our students, faculty & staff
4. Supporting networking opportunities for faculty, staff, and students in order to promote high job placements into the community and workforce



## Our Approach

New Horizons Integrated Learning guides learners through all stages of the learning lifecycle. It consists of five components: Assess, Learn, Reinforce, Support and Validate- to create the most effective learning experience available in the industry.

The New Horizons approach to training is this: Make the most advanced and up-to-date courses, materials and instruction even more advanced by tailoring them to the specific learning styles, needs and environments of the people and businesses who invest in them.

So, we combine industry-leading learning content with ways to deliver that content that work for any work environment. And we accomplish that by getting to know the students we serve and tying our learning solutions to your objectives.

### Our Integrated Learning Approach includes five stages:

#### Assess

Determine individual skills and goals and then match the course content and learning method to your goals. Make the most of your training investment by identifying knowledge gaps and focusing on the most relevant courses to fill those gaps.

#### Learn

Some training providers offer classroom learning, some eLearning. New Horizons has become the world's largest independent IT training provider by delivering online and offline learning methods, as well as variations within those methods.

#### Reinforce

Even the best course content in the world needs to be reinforced throughout the course session and long after class is over. New Horizons integrates a wealth of learning resources into the training process to keep the learning fluid and increase retention.

#### Support

Learning aides go a long way to reinforce your training. But New Horizons goes beyond that with resources that make our reinforcement tools more effective. Track your learning progress through the customized reports and capabilities of the New Horizons learning management system.

#### Validate

Whether you're a student or corporate training manager, use the validation component of New Horizons' Integrated Learning Approach to track learning progress, identify areas that need improvement and gauge the business value of the skills you or your teams are learning.

# Why are Power Skills Important?

Our hiring partners —health systems of all sizes across the country—tell us they weigh power skills with just as much emphasis as technical skills. And your capacity to develop in these areas could be what helps you stand out in a competitive job market.

It's true when we say employers are struggling to keep their facilities fully staffed. And with **15% job growth** in the industry, it might be tough to believe you'd ever have a difficult time landing a job.

*"We find a lot of candidates lack the professionalism we expect of our hires, which makes filling specific roles incredibly difficult. Unfortunately, teaching these skills is too time-consuming for us to take a risk on the wrong applicant."*

—Courtney; RN and Clinical Education Coordinator with Grace Health



But the hard truth here is that health systems aren't looking for just any substandard hire—they're looking for professionals who are trained, knowledgeable, and ready to get to work.

**Which means competition is heating up for workers with the right blend of power and technical skills.**

## So, what are your takeaways?

First, the most desirable skills vary based on the requirements of the job, but there's still a noticeable amount of crossover—giving more weight to the idea that these power skills are transferable across the industry.

Second, strong communication is non-negotiable for health employers, coming in at number one in five of the six roles we analyzed.

And that's why these skills are so important.

Because the majority of hiring managers we work with say that candidates with the right power skills are few and far between. Because professionalism is necessary. And because power skills in the workplace will always matter—regardless of the industry.

We genuinely believe power skills are primary indicators of professional potential and success, particularly in a healthcare setting. That's why we've worked hard to create courses that focus specifically on career readiness—walking learners through the specifics of how to develop in critical areas relevant to their career path.

If you're ready to jump right in and start sharpening your skills today, check out the next page for our full listing of POWER SKILLS that you will learn!

# Power Skills Library

Program Title	Content Type	Duration
01. Problem Solving: Introduction to Problem Solving	interactive	4 Minutes
02. Problem Solving: Define the Problem	interactive	6 Minutes
03. Problem Solving: Determine the Root Cause	interactive	4 Minutes
04. Problem Solving: Generate Solutions	interactive	4 Minutes
05. Problem Solving: Evaluate and Select Solutions	interactive	4 Minutes
06. Problem Solving: Implement Solutions	interactive	5 Minutes
07. Problem Solving: Monitor the Resolution	interactive	4 Minutes
12 Rules For Life	interactive	15 Minutes
13 Things Mentally Strong People Don't Do	interactive	15 Minutes
A Guide to Great Goal Setting	interactive	10 Minutes
Adapting Your Communication Style	interactive	10 Minutes
Appropriate Use of Social Media	course	14 Minutes
Assertive communication	interactive	17 Minutes
Atomic Habits	interactive	15 Minutes
Basics of Written Communication	interactive	16 Minutes
Becoming a Good Business Writer	interactive	15 Minutes
Best Practice Customer Service face to face	course	4 Minutes
Build Resilience Through Perseverance	interactive	5 Minutes
Build Resilience With An Adaptive Mindset	interactive	51 Minutes
Business Communication Skills	interactive	15 Minutes
Business Email Etiquette	interactive	30 Minutes
Business Writing	course	264 Minutes
Call me – How to level up your phone skills	interactive	5 Minutes
Can I be blunt? – How to use tact when speaking your mind	interactive	5 Minutes
Career Development Bundle	course	72 Minutes
Celebrate When You Achieve Your Goal	interactive	5 Minutes
Code of Conduct and Ethics	interactive	30 Minutes
Communication 101 from Mind Tools for Business (Emerald Works)	interactive	60 Minutes
Confidence Hacks	interactive	10 Minutes
Conflict Resolution	interactive	15 Minutes
Coping with Uncertainty	interactive	10 Minutes
Creative Problem Solving	interactive	25 Minutes
Customer Service 101 from Mind Tools for Business (Emerald Works)	interactive	60 Minutes
Dealing with change	interactive	9 Minutes
Dealing with complaints: Customer Service	interactive	10 Minutes
Developing Trust	course	23 Minutes
Effective Listening	course	21 Minutes
Email Management	course	20 Minutes
Ethics for Everyone	interactive	9 Minutes
Flexible thinking	interactive	8 Minutes
Interpersonal Effectiveness	interactive	15 Minutes
Interpersonal Relationships	interactive	15 Minutes
Interviewing Skills	interactive	15 Minutes
Manage Time And Overcome Stress	interactive	44 Minutes
Networking and Building Relationships	interactive	15 Minutes
Organise yourself at work	interactive	17 Minutes
Present a Professional Appearance	interactive	5 Minutes
Problem solving	interactive	10 Minutes
Relationship-Building with Colleagues	interactive	4 Minutes
Relationship-Building with Your Supervisor	interactive	7 Minutes
Review of Grammatical Principles	interactive	15 Minutes
Setting Up Your Desk For Work	interactive	10 Minutes
Social Media & Digital Marketing	interactive	60 Minutes
Social media in the workplace	interactive	8 Minutes
Strengthen Your Writing Today	interactive	15 Minutes
The Power of Goal Setting	interactive	5 Minutes
The Power of Habit	interactive	15 Minutes
Time Management	interactive	15 Minutes
Tiny Habits	interactive	15 Minutes
Using email effectively	interactive	10 Minutes
Microsoft Teams - Introduction	course	240 Minutes
PowerPoint 365 Beginner	interactive	278 Minutes
Excel 365 Beginner	interactive	286 Minutes
Microsoft Office 365 - Basic	course	80 Minutes
Outlook 365 Beginner	interactive	222 Minutes
Windows 10 End User Essentials Beginner	interactive	283 Minutes
Word 365 Beginner	interactive	262 Minutes



## FAQ's

- **How do I get to classes (zoom, email link, special website)?**
  - We manage a “Classroom in the Cloud”, and all the student needs is a PC with an internet connection to attend our LIVE training, led by certified instructors. We have our own proprietary LMS (Learning Management System) that the student logs into, and they quickly find themselves in their class. It's extremely easy.
- **How long is each class session?**
  - Our classes generally run from 8:30 to 4, Monday to Friday. We also have options that are available at night for some class titles.
- **How many days long are your courses?**
  - Generally speaking, each class is a 5-day class, but some are 3 days. The days run consecutively. This is “Boot Camp” style learning, which has proven to be very effective for young adult and adult learners.
- **How much homework do I receive for your classes?**
  - This will vary depending on the title and whether you are going for an industry certification and the complexity of the subject matter. If you are planning on sitting for a certification exam, you can plan on 2 hours of study for each hour of class time as a rule of thumb. That is why we provide you with certification prep materials, practice exams, access to your classes' recordings and even the ability to sit the entire class again live if you want. Your advisor will help you through the process one-on-one, so you are never on your own.
- **Are these beginner classes or is this for those that already work in the industry?**
  - Great question. We have programs that appeal to career beginners, career changers and career enhancers, so we can meet you wherever you are in your career journey. If you are just graduating from high school, we have programs specially designed for you, if you are looking to change careers at 40 years old, we have programs for you too. It just depends on your needs. That is why our career development team is so important in the process. They will be with you every step of the way and make sure you are enrolled in the right program.
- **What capabilities does a computer/laptop need for this class?**
  - You need to be running Windows (Chromebooks don't work), and have a reliable internet connection. Other than that, any PC made in the last 5 years or so will work fine. Our classes are in the cloud and available to you through the internet so nothing is really required from your local equipment to learn your new skills. Also, our Learning Centers are always available as a quiet, private place to come and learn (and get hot, fresh cookies!).
- **How long has New Horizons been offering these classes?**
  - We have been offering computer training for 40 years nationally, and 13 years locally in Wisconsin. We have learning centers in Appleton, Madison and Milwaukee and have helped thousands of Wisconsinites gain valuable new skills. We are certified partners with dozens of the biggest names in technology and medicine, offer a 100% certified curriculum, live training on your schedule and for the first time in 2022, we expanded our marketplace to high school graduates as a faster, cost-effective option to the traditional college experience to enter the professional workplace in weeks, not years.
- **How much does it cost?**
  - Each programs cost is clearly detailed in the booklet. Work with your advisor to determine the best way for you to pay for your education. We accept a variety of payment methods from credit cards, student loans, personal loans, and we can help work with government programs to see if you are eligible for financial assistance as well.

# THE GLOBAL LEADER IN CAREER TRAINING



Our students are looking to move forward, **fast**. New Horizons training—through vendor-authorized courses and certifications and award-winning learning methods—is the vehicle that will be the pathway to the better job, the higher salary, the more fulfilling life.

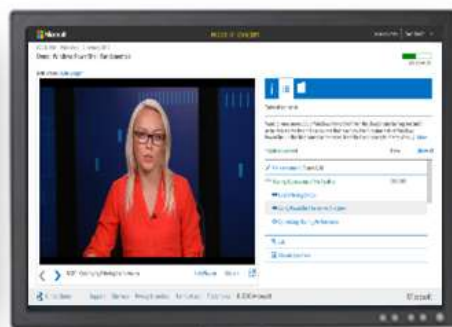
## Immersive, Live Student Experience

We take the traditional learning experience and add the benefit of technology, while providing **fully live interaction** and **24/7 virtual access** to the actual technology we are training in your own personalized lab environment. Unlike the old model of learning, your experience is recorded, and available to you post-class.

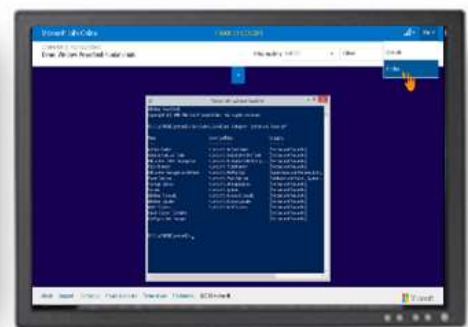
Editable, Digital Courseware



Live Communications Module



Virtual "Sandbox" Lab



**NOTES PAGE:**

**Your New Career Starts Today!**



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**[newhorizonswi.com/career-development](http://newhorizonswi.com/career-development)**