

# Manpower Required for Opening Fitness Practice

The newly established, LIFE-FIT Services WLL in Bahrain, Middle East is inviting applications from candidates for the positions outlined below. These candidates must have at least three years experience in their professional field, & commit to re-locate to Bahrain as part of a 2 year employment contract.

**1. Sports Therapist** – Must have completed a recognized degree in sports/occupational therapy/physiotherapy. Will essentially be involved in sports massage, relaxation massage and rehabilitative exercise. Must be self motivated to build up a strong clientele and maintain the clientele. Performance success will be evaluated on active client retention and financial performance against reasonable set monthly targets.

**2. Personal Trainer** – Preferably having a degree in sports science or equivalent. Alternative Qualifications, Level 3 NVQ diploma in as a personal trainer. Desirable certification in complimentary exercise programmes : Salsa, Pilates, Yoga, Zumba, Martial Arts, Swimming, etc. This will ensure greater flexibility and further options for clients. Must be willing to teach at least 3 group exercise sessions per week. Will operate from the fitness centre but will also offer mobile fitness services in clients personal homes or gyms. Therefore must be extremely adaptable & accommodating. Must be self motivated to build up a strong clientele and maintain the clientele. Performance success will be evaluated on active client retention and financial performance against reasonable set monthly targets.

**3. Fitness Trainer** – Must have a level 2 NVQ diploma in exercise and health studies or equivalent. Must also have a level 2 qualification in exercise to music. Must be able to perform basic fitness testing, exercise prescription and offer at least 5 exercise to music classes per week. Will be based in the fitness centre. Success will be monitored on maintaining of gym memberships, regular upgrade of client fitness programmes and exercise class attendance.

**4. Nutritionist** - Must have completed a recognized degree in sports nutrition, complimentary nutrition, basic nutrition. Will essentially be involved in running a weight loss club, and holding clinics for weight loss guidance and monitoring. Further scope will be to prepare nutrition plans for people requiring optimal health nutrition for peak performance and longevity. Menu planning for health food coffee shop and retail sales health food supplements. Must be self motivated to build up a strong clientele and maintain the clientele. Performance success will be evaluated on active client retention and financial performance against reasonable set monthly targets, also the performance of the coffee shop and related supplement sales.

**5. Life-Coach** – Must have completed Level 4 NVQ in Life-Coaching and have at least 3 years experience in the field

**6. Phys. Ed Teacher** – Must have completed recognized degree in physical education or similar and held a position as a sports teacher or coach working with children for at least 2 years.

Contact through [www.lifefit-bahrain.com](http://www.lifefit-bahrain.com)