The fitness industry is a multi-billion dollar per year business. While that appears to be a wonderful statistic, there is a dark secret that most people do not know. Unlike every other health profession, personal trainers are not required to be certified. Imagine if massage therapists didn’t need any training or a dietician could just start practicing without registering with the state. That may sound crazy, yet that is exactly what is going on in the fitness industry. Trainers are calling themselves experts and charging inflated rates just a few months after being certified.

For many years, people have equated gyms with the 275lb bodybuilder in a tank top leaving sweat pools on the bench press and grunting loud noises. While there is still a small segment of the fitness industry that caters to the hard core professional population, the majority of gyms do not. Keep in mind I am not against bodybuilding type training. I recognize there are a handful of hard core places that are spotless and practice scientific training methods. We still have a long way to go as an industry as a whole. We desperately need help from the government to enforce regulation for all types of gyms and recognize the true professionals as essential.

In my opinion the lack of regulation is one of the reasons why gyms remain closed in some states. Before COVID, I have been on a crusade to fix the industry I hold near and dear to my heart. Seven years ago I began working as an expert witness for gym negligence lawsuits to further my cause. In most states trainers are not required to possess any certification, are not required to be certified in CPR and are not required to possess insurance – this is absolutely and unequivocally a public health risk. Unqualified trainers injure people every day and are never held accountable. Take this case, for example. <https://www.clubindustry.com/commercial-clubs/connecticut-jury-finds-equinox-personal-trainer-negligent-10-875-million-injury>. I was the expert witness in this lawsuit against Equinox. The Plaintiff suffered a stroke because of trainer negligence. After the verdict, which found the trainer liable for negligence, said trainer went on to become the head trainer of another fitness facility.

The solution is simple and will benefit all parties. All personal trainers should be required by state law to possess an accredited certification, CPR training and $500,000 in liability insurance in order to practice. In order to be registered in the primary state you work in, personal trainers will pay to the state a biannual fee of $75, as well as a biannual fee of $50 to the County. Gyms will also register for a similar fee and be required to follow specific guidelines for hiring registered trainers. I already have expert trainers and doctors that would be a review board. I already regulate my gym, The Arena Fitness with strict education mandates. This practice eliminates many unqualified trainers, thus decreasing risk to the public and a higher quality of service. Please feel free to contact me to discuss more ways the government can create revenue streams from the industry while drastically improving it.

Thank you,

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