New Company Launches Personalised Fitness Qualifications

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Want to earn extra income or run your own business? **ENCOUNTER EXERCISE** is a fitness training provider that offers a quality service to the busy individual. Increasingly our workload and commitments are eating into our spare time, our purse strings are tigtening and the need for a quick fix becomes more vital.

Encounter Exercise offers a personalised service for each person to work around their own schedule. All of the work is completed on an e-learning platform and can be done remotely. The assessments can be booked at a time to suit you whenever you are ready to achieve the qualification. Each person is assigned a tutor that they can contact via the phone, skype and email.

As obesity grows alongside the health and fitness industry boom there is simply not a better time to get qualified. While some industry professionals run group exercise sessions in the evenings to supplement their income others chose to take the entrepenurial approach. With Encounter Exercise you can qualify as quick or as slow as you like, you could be running your own business in 6 months.

Becky Laffan, 23, founded Encounter Exercise alongside practicing as a sports science lecturer who worked as a personal trainer in the evenings. Becky said "I was trying to save some money and noticed the boom in the industry. I achieved my qualification while working full time and attended weekend sessions. I found this really frustrating as I wanted to work at my own pace, therefore I wanted to offer each busy individual a personalised service".

For more information you can visit http://www.encounterexercise.co.uk or email Becky directly on becky@encounterexercise.com

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