



*National Institute  
for Fitness and Sport*

# HIRING THE VERY BEST



When hiring the right staff to create an engaging resident experience in our client's fitness center,  
**we choose the best in the industry.**

Our staff are smart, creative, continuous learners who are passionate about what they do.

**You need staff like that to truly support your residents in living well.**





# 100%

## **Have a Four-Year Degree**

We believe our staff should have a large knowledge base to help clients exercise safely and efficiently.

# 30%


## **Have a Master's Degree**

As an organization, we value education. It's a win for our staff and for our clients.

# 2/3

## **Have furthered their education in the last year**

Specialty training workshops, and certifications are important to our crew – all in support of doing better for our clients.



# 84%

**Have at least one  
industry- related certification**

We put our money where our mouth is on staff education by funding employee growth through continuing education.

**Almost 1/2 of our staff have  
at least 2 specialty  
certifications**

Why stop learning and growing?  
Science and technology don't  
stop, so neither do our staff.

# 50%

**of our staff  
have received a promotion  
in their time with NIFS**



**47%**

**of our staff**

**bring 9+ years' of  
experience working in  
the fitness industry**



**41%**

**of our staff**

**have at least  
3-5 years  
with us.**



**48 Years combined  
Leadership at NIFS**

When staff stick, especially leadership, the foundations of knowledge grows and deepens, allowing for insight into the field and a consistently great product.

### **Jaclyn R., IN**

"I love working with a variety of different clients and seeing them achieve their fitness goals. The fitness professionals at NIFS are constantly helping me improve my group fitness classes and fitness plans for my clients. We all work well together to provide the best, encouraging environment for our members."

### **Andre M., MI**

"I love working for NIFS because of the amount of collaboration, support, and creative ideas colleagues and administrators provide to you from across the country!"



### **Jane R., FL**

"Working with NIFS and becoming Wellness Coordinator was one of the best decisions I have made in my career. Although we work remotely at client locations, our support team of directors is just a phone call or email away. I have said it before and I will say it again, NIFS programming is not just about physical fitness, it is about total wellness. I am constantly challenged to bring the best to our clients and do not think I could do this without the benefits of NIFS creative programming. "

With years of  
experience in managing  
community fitness centers  
we do it right.

Creating an engaging  
fitness center is what we do  
best to help your residents  
live a healthier life.

[Learn More](#)

