

Aug 28, 2026

Dear Hiring Manager,

I am writing to express my interest in the Personal Trainer position at FitLife Gym. With a Bachelor of Science in Exercise Science and over 12 years of experience in the fitness industry, I am excited about the opportunity to contribute to your mission of empowering individuals to achieve their health and wellness goals.

In my previous role as a Fitness Manager, I honed my skills in personal training, client relationship management, and group fitness instruction. My approach is rooted in strong communication and team leadership, fostering an environment where clients feel motivated and supported on their fitness journeys. I believe that education plays a crucial role in wellness; therefore, I have consistently prioritized nutrition planning alongside exercise regimens tailored to individual needs.

At FitLife Gym, your commitment to creating personalized fitness solutions resonates with me deeply. My analytical thinking allows me to design effective training programs that adapt based on client progress while ensuring safety protocols are followed rigorously. Moreover, my enthusiasm for encouraging others helps cultivate a positive atmosphere where members can thrive.

Collaboration is essential within any successful program, and I look forward to working alongside your team of dedicated professionals who share my passion for health and fitness. Together, we can inspire members not only through tailored training but also by fostering community engagement that aligns with FitLife's values.

Thank you for considering my application. I am eager for the opportunity to discuss how my background can align with the goals of FitLife Gym.

Sincerely,
Min Lee