

Questions for IDEA Emerging Trailblazer of the Year

1. Walking the walk

- Characterize the professional and ethical standards to which you adhere, your personal mission and your goals for the future of the fitness industry.
- Describe your role in the industry.
- Provide a resume that details all relevant education and current/active certifications.

2. Demonstrating Personal and Professional Growth

- What steps have you taken to enhance your growth as an individual and fitness professional?
- What is your proudest accomplishment in your career thus far?
- Explain how far you've come in your career and the contributions you have made to the fitness industry.
- Include a reference letter from a supervisor, mentor or peer that describes the impact you've made.

3. Inspiring Others

- IDEA's mission is to inspire the world to fitness. Detail how you personally inspire your world to fitness. Describe the impact you have had on your students, clients, peers, and community.

4. Committing to Equity and Inclusion

- IDEA Health & Fitness Association's staff and members pledge to oppose prejudice, bigotry and racism and create inclusive and welcoming spaces for all humans. Please describe how your community and fitness industry contributions and efforts align with this pledge.
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Questions for IDEA Personal Trainer of the Year

1. Walking the Walk

- Characterize the professional and ethical standards to which you adhere, your personal mission and your goals for the future of the personal training industry.
- Include a copy of your resumé, not to exceed three pages. The resumé should detail the number of years you've been in the business, the extent of your "hands-on" training or teaching experience, the number of hours per week you spend training or teaching clients, your major accomplishments and educational background, and the current/active certification(s) you hold.

2. Inspiring Others

- Outline your ability to build relationships with your clients, and the ways in which you inspire and motivate your clients.
- Describe the program(s) you have implemented to help your clients achieve their goals, and the success your clients have enjoyed as a result of the program(s).
- Give two examples of how you inspired a client. Please include two reference letters from those clients.

3. Making a Difference in the Industry

- Describe your contributions to the professional credibility, development and/or awareness of the personal training industry. Summarize your participation in local, national and/or international industry-related events, committees, task forces, publications (please list) and presentations.

4. Making a Difference in Your Community

- Outline your participation in the community and/or your influence on the general public including, but not limited to, lectures, awareness campaigns, newspaper and magazine articles, or other media presentations. Describe how your work and program(s) increase community awareness or benefit the community.

5. Committing to Equity and Inclusion

- IDEA Health & Fitness Association's staff and members pledge to oppose prejudice, bigotry and racism and create inclusive and welcoming spaces for all humans. Please describe how your community and fitness industry contributions and efforts align with this pledge.

Questions for IDEA Fitness Leader of the Year

1. Walking the Walk

- Characterize the professional and ethical standards to which you adhere, your personal mission and your goals for the future of the personal training industry.
- Include a copy of your resumé, not to exceed three pages. The resumé should detail the number of years you've been in the business, the extent of your "hands-on" training or teaching experience, your major accomplishments and educational background, and the certification(s) you hold.

2. Inspiring Others

- Describe your leadership role in the industry and how your work has positively impacted industry peers.
- Describe the successful programs, mentorships or content you have developed and specific examples of how this improved your local community and/or the fitness community at large.

- Give two examples of how you've inspired others. Please include two reference letters from clients or fitness professionals whose careers you've impacted.

3. Making a Difference in the Industry

- Describe your contributions to the professional credibility, development and/or awareness of the personal training industry.
- Summarize your participation in local, national and/or international industry-related events, committees, task forces, publications (please list) and presentations.

4. Making a Difference in Your Community

- Describe your organization and/or development of community events and outreach programs including, but not limited to, charity fundraisers, awareness campaigns, newspaper and magazine articles, lectures and fitness demonstrations.

5. Committing to Diversity, Equity and Inclusion

- IDEA Health & Fitness Association's staff and members pledge to oppose prejudice, bigotry and racism and create inclusive and welcoming spaces for all humans. Please describe how your community and fitness industry contributions and efforts align with this pledge.

Questions for IDEA Fitness Instructor of the Year

1. Walking the Walk

- What current/active group fitness certifications do you currently hold?
- How many group fitness classes do you teach on a weekly basis?
- What type of group fitness classes do you teach?

- What have you personally done to be the best group fitness instructor possible? Please provide specific examples.
- What is your proudest accomplishment?

2. Making a Difference in the Industry

- Describe your contributions to the professional credibility, development and/or awareness of the personal training industry. Summarize your participation in local, national and/or international industry-related events, committees, task forces, publications (please list) and presentations.

3. Inspiring Others

- IDEA's mission is to Inspire the World to Fitness. Detail how you personally inspire your world to fitness. Describe the impact you have had on your students, your peers, and your community. Include letters from two individuals whose lives you've impacted

4. Making a Difference in Your Community

- What have you done to impact the health and fitness of your community? Include any volunteer work, free programs/classes, community outreach, fundraisers, etc.

5. Committing to Equity and Inclusion

- IDEA Health & Fitness Association's staff and members pledge to oppose prejudice, bigotry and racism and create inclusive and welcoming spaces for all humans. Please describe how your community and fitness industry contributions and efforts align with this pledge.

