

## SUZY LOOKS FORWARD TO NEW CAREER THANKS TO FREE TRAINING

A WOMAN who has worked as a personal assistant for 15 years says she is planning a career change after joining a free course to qualify as a personal trainer.

Suzy Liu, 34, of Hillingdon, is one of those taking qualifications for work in the fitness industry at Uxbridge College, thanks to European funding.

Suzy, who works at Hammersmith Hospital, said: "It was something I wanted to do anyway but it would have been very expensive to pay for it. Ultimately I am looking at a career change – I have wanted to be a fitness instructor for a long time."

Suzy completed the Level 2 OCR Exercise to Music qualification at Uxbridge College in 2004/5, and joined the Level 3 YMCA Personal Trainer Award course in November.

She said: "It is hard work because I work full-time and it is two nights a week for a year and some Saturdays, but it is something I really want to do."

A total of around 180 free places are on offer to people who have already done a Level 2 fitness training qualification but want to boost their skills.

Courses are available to both people who work and those who are unemployed, and are available at Uxbridge College, based in Park Road, Uxbridge, Hackney Community College and other London venues.

Training for people in work offers a chance to fitness train at a more senior level, while courses for those working 16 hours a week or less offer customer service skills for use in the fitness industry.

The qualifications cost around £4,000 to do privately and are provided with the help of Energy Fitness Professionals Ltd.

Starting dates and times are flexible, and funding may be available to meet travel and childcare expenses.

The £280,000 project, called Inspire, is funded through the London European Social Fund's On Your Marks Programme 2006-8.

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