

Frequently Asked Questions

How long will it take to complete the Accreditation process?

It can take anywhere between 3 and 12 months depending on your time and the availability of courses.

How long are the courses?

Each course runs about 18-24 hours. Some are set up to be completed in a weekend and others are set to run one day a week for a couple of weeks.

Are there jobs out there for fitness leaders?

There are many job opportunities once you have completed your certification.

Are there any other courses outside of MFC that I must take in order to obtain my accreditation?

Yes, you must also take CPR and Standard First Aid. The certificate is required for your final step.

How do I find out about courses dates and locations?

The most current course details are available on our website. If there is a training agency hosting the course, you need to register directly with them.

When do I officially become a member of MFC?

You will officially become a member of MFC and have access to our services when you complete your training.

Can I only get one certification?

No you can all of them if you wish

What do I have to do to retain my accreditation?

The MFC follows the National Fitness Leader Alliance guidelines and has high standards for its members, for this reason fitness leaders need to keep up to date on their skills and knowledge. Every three years leaders must submit attendance records for continuing education credits to be eligible for renewal.

For more information please:

Visit our website located at:
www.manitobafitnesscouncil.ca

Call us at the office
204-235-1245

Or visit our office located at
219 Provencher Blvd. Winnipeg,
MB



How to become a Fitness Leader



219 Provencher Blvd

Winnipeg MB, R2H 0G4

Ph: 204-235-1245

Fax: 204-235-1273

www.manitobafitnesscouncil.ca

info@manitobafitnesscouncil.ca

Why Choose a Manitoba Fitness Council (MFC) Accreditation?

The Manitoba Fitness Council (MFC) is the local organization that represents the National Fitness Leaders Alliance or NFLA. The NFLA/MFC is also a member of ICREPS, the International College of Exercise Register.

MFC offers these nationally recognized training standards to potential fitness leaders in Manitoba. MFC has also been endorsed by the Province of Manitoba to provide approved fitness leadership certification.

The Manitoba Fitness Council is a non-profit organization that has been certifying fitness leaders since 1986 and currently has over 500

Fitness Leader members in the Province of Manitoba.

The Manitoba Fitness Council provides its members with ongoing educational opportunities through workshops, conferences and newsletters.

MFC is an organization that strives for excellence both in the education and training that we provide and the leaders that we send out into Manitoba Communities.

Our leaders are Physical Fitness Ambassadors who help lead our communities towards better health and well being

Choose from our unique course offerings below



How do I choose a certification?

Our leaders have the opportunity to take as many certifications as you wish.

Your training choices allow you to teach any combination of classes; or if you choose the individual fitness leader, you can work one on one with clients.

How do I get started?

More information is available by visiting our website, calling the office or visiting us in person!

It is your time to make a difference and make a difference in your community!