

Speaker 1:

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Hi, my name is Becky. I'm a personal trainer at a 55 plus retirement community. And I think there's a little discrepancy in the fact that there's three main male trainers and five women trainers and the male trainers all seem to be busier than any other women.

And I feel like that's because men want to train with men and they're a little intimidated by women trainers and helping them out. They don't think women know what they're doing. And I feel like there's also some women that are older and overweight that don't like to work with a thinner trainer who's a little bit more in shape. And I think they're embarrassed by that.

So they tend to want to work out with maybe a couple of the guys that are there so that they don't feel like they have to keep up with the, like a younger, thinner trainer, even though I'm not that young. I'm 53, but I happened to be in shape and, and uh, I teach some of the classes there.

So generally I feel like there's a little bit of discrimination and I'm pretty sure that the male trainers do get paid more than the women trainers and I, that's based also a little bit on seniority in the fact that they're bringing in more clients. Because like I said, a lot of the older men prefer to work with another man. So that's my story.

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I have been resilient by this by just having to put up with it and realize that's the situation, and try to get my clients to understand that women trainers are just as valuable. No. And this fitness industry as the male trainers are and help prove my point, which is tough. Perfect.