Advice on establishing a business in fitness:

<http://www.fitcommerce.com/Blueprint/Page.aspx?pageId=149&portalId=2>

Fitness sites:

<http://www.acefitness.org/>

<http://www.ifpa-fitness.com/>

Fitness options and advice:

<http://worknotes.com/IL/Chicago/Fit4FunKidsFitness/>

Example trainer sites:

<http://www.onlinefitnesssystems.com/anatomy.cfm>

<http://fitzones.com/members/Fitness/fitness.asp>

<http://www.pcitraining.edu/programs/personal-trainer>