

# Jobs

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## Give it some muscle

### Exercise with that personal touch

**G**ONE are the days when exercise had to be done in the cold, rain and snow. With almost 7 million gym members in the UK, air-conditioning, ice-cold water machines, and TV channels to flick through, exercise has become a more attractive proposition. And with these more comfortable surroundings, the role of a personal trainer has become more appealing too. As a personal trainer you would have to educate, motivate and coach clients to help them follow their

fitness programmes so they improve their health, nutrition and lifestyle. Once an individual programme has been agreed, monitoring progress is extremely important, and is done by measuring heart rate and body fat levels. Personal trainers are there to inspire, and need to show spirit, determination and enthusiasm. Good organisational skills are essential, as is patience. Knowledge of anatomy and physiology will be expected in this field of work. To become a personal trainer you would first need to be a

fitness instructor, and achieve a high level of experience. Taking a course which allows you to gain entry on the Register of Exercise Professionals will hugely improve your employment prospects. Studying health and fitness as an SVQ or sports science at university is another route into fitness instruction. To work as a personal trainer you will also need a first aid certificate. As your working day revolves around clients' needs, personal trainers often work weekends and evenings.



**WORK OUT:** Being a personal trainer requires many skills.

### MY JOB

**Scott Brady**  
Personal  
trainer



WHEN Scott Brady retired from football in his 20s, he needed another form of exercise. He joined a gym, and after plenty of research, achieved a muscular, healthy physique. He even reached the final of a Men's Health competition, to be its cover star. "Out of 6,500 entries I made it to the final 13," said Scott, 31 from Cove. "The magazine offered fitness coach training, so I went for it." He now runs Fitness Beyond at the Banks O' Dee gym. "Every time I help someone to reach a target, it feels the same as the first time I reached my own," he said.

#### Oil Vacancies

The Energy Services Division of Nalco Ltd. is an international company providing speciality chemicals and management services to the oilfield, refinery and petrochemical industries. Within the oil and gas industry, our Oilfield Chemicals Group have formed a number of strategic alliances with all major operators and have established a market leadership position through technical innovation, on-site problem solving and our commitment to continuous improvement.

Due to growth of our North Sea customer portfolio and to further strengthen our team we are seeking experienced personnel in the following disciplines.

#### Oilfield Chemicals

##### Technical Sales Representatives & Senior Account Managers

A variety of Technical Sales/Account Management positions exist within our North Sea Group. These positions are based in Aberdeen but work over a UK/Norway customer base. The key focus of this role is to develop and maintain effective customer relationships through a strong commitment to QHSE values, ownership and implementation of key business processes, management of technical resources and an ability to understand and support customer goals. Successful candidates should ideally be experienced in a sales/account management environment or currently be in a technical support role and feel that they have the necessary skills required for this position. Extensive training will also be provided. All candidates are expected to demonstrate a mature, professional outlook and dedication to achieving results coupled with an enthusiastic outgoing attitude, technical competency and excellent interpersonal skills.

##### Platform Chemists

A number of Platform Chemist positions exist within our UK Group. The focus of this role is to work offshore on a rotational basis providing fluids analysis and trouble-shooting coupled with laboratory and chemical management. Successful candidates should ideally be experienced in laboratory analysis techniques and oil and gas processing operations, however, extensive training will also be provided. All candidates are expected to demonstrate initiative and competency coupled with a desire to develop their expertise and career with Nalco in the area of oilfield chemicals. A strong commitment to QHSE values and the ability to work as part of an offshore team are essential. It is expected that some individuals will develop into technical sales/account management positions.

Nalco Ltd. is a major international company and this is reflected in our compensation packages. We offer competitive salaries, pension plan, profit sharing plan and relocation allowances plus a number of additional benefits.

Interested applicants should please forward a copy of their CV to:  
Yvonne Carr, Nalco Ltd, Tern Place, Denmore Road, Bridge of Don, Aberdeen AB23 8JX



#### Oil Vacancies

Energetic.  
Meticulous.  
Passionate.

#### YOU DESERVE TO WORK HERE.

We currently have opportunities to join our Elmar Division in Westhill. Elmar is a world market leader in the manufacturing of oilfield well intervention equipment.

##### QHSE Manager (ELM0001)

Reporting to the General Manager UK, you will be directly responsible for all aspects of quality and HSE in NOV Elmar UK and the coordination of QHSE activities at our facilities worldwide. International travel will be required. As an organisation held in high regard for its commitment to quality, you will play a key role in Elmar's management team. You will ideally hold a NEBOSH General Certificate and be an ISO Lead Auditor. This role represents a challenging and rewarding opportunity for a qualified candidate with the drive to succeed.

We also believe in looking after our people. All of our employees have competitive salaries and benefits packages which include generous annual leave entitlements, medical insurance and a pension scheme.

If you are interested in joining our dynamic team, please email your CV and covering letter, quoting the vacancy reference number, to [ukrecruit3@nov.com](mailto:ukrecruit3@nov.com) or send them to HR, NOV Elmar, Enterprise Drive, Westhill Industrial Estate, Westhill AB32 6TQ.

NOV is an equal opportunities employer.



“LIGHTHOUSEKEEPER”