

Foreword



**Ajit Menon, CEO,
PGIM India Mutual Fund**

In an era marked by increasing life expectancy, financial security during retirement becomes paramount. Relying solely on pension and investments may not suffice to maintain the desired quality of life.

The simplest way to generate a source of income during your later life is to utilise your skills, experience and contacts in the field where you have spent most of your working career. Alternatively, you can work on building a passion/skill which you already pursue as a hobby and monetise it.

Research shows that retirement may lead to a decrease in mental stimulation which can impact your cognitive health. Learning new skills not only counteracts this decline but also provides a sense of accomplishment and purpose.

PGIM India Mutual Fund's Retirement Readiness Survey 2023 reveals that Indians are seeking various ways to add to their income by monetising their passion and acquiring new skills to fuel their aspirations post-retirement.

Keeping this in mind, PGIM India Mutual Fund has compiled a ready reckoner of a compendium of 50 gigs which you can explore and pursue to become financially independent in your later life.

RENEW, RECHARGE BUT NEVER RETIRE

50 gigs that combine enjoyment and
regular income for life



Index

1. Online Yoga Instructor
2. Real Estate Advisor
3. Financial Advisory Services
4. Tax Consultant
5. Organic Farming
6. Soft Skills Coach
7. Cybersecurity Advisor
8. Career Counsellor
9. Childcare Services
10. CXO on Hire
11. E-Learning Consultant
12. Tour Guide
13. Game Designer
14. Wedding Planner
15. Interior Designer
16. Beauty and Grooming
17. Landscaping
18. Sports Coach
19. Performing Arts Coaching
20. Cloud Kitchen Services
21. Competency Mapping Services
22. CRM Specialists
23. Talent Management Expert
24. Data Scientist
25. Floral Business
26. Animal Care Services
27. Food And Beverage Consultant
28. Social Media Manager
29. Digital Content Creator
30. Fitness Trainer
31. Brand Designer
32. Event Manager
33. User Experience Designers
34. Supply Chain Specialist
35. Corporate Trainer
36. Learning and Development Specialist
37. Online Educators and Tutoring
38. Start-up Advisory Services
39. Translation And Language Services
40. E-Commerce Strategist And Consultants
41. Starter Plant and Seed Providers
42. Administration Specialist
43. Communications and PR Consultant
44. Bartender
45. Customer Success Consultant
46. Life Coach
47. Tutoring
48. Strategic Sourcing Advisors
49. Product Design Consultant
50. Compliance Advisor And Specialist

#30 Fitness Trainer

Gurgaon's 35-year-old Aditya Kedia gave up his seven-year banking career in 2019 to first get fitness certifications and then intern at fitness establishments to understand the business. Then, he set up his own company that focusses on fitness among kids and works with schools.

The demand for fitness trainers has surged due to an increasing awareness of health and wellness. In today's fast-paced world, people of all ages are realising the importance of maintaining an active and healthy lifestyle. Consequently, they seek guidance from fitness professionals to help them achieve their fitness goals.

Furthermore, the COVID-19 pandemic underscored the significance of physical health, spurring a heightened interest in home-based workouts and virtual training sessions. This shift in behaviour has expanded the potential client base for fitness trainers, making their services more in demand than ever.

Retirees have a unique advantage in this field, as they often possess life experiences and can relate to the specific fitness needs and challenges faced by older adults. This allows them to tap into a niche market that requires specialised guidance.



The Perks

Opting for a career as a fitness trainer after retiring brings forth an array of lifestyle advantages. To begin with, it encourages personal well-being by keeping retirees physically active and involved. Actively participating in fitness not only sets a positive example for clients but also contributes to one's own health and vigour.

Moreover, it offers flexibility when it comes to scheduling. Retirees have the liberty to select their working hours, decide on the number of clients they wish to work with, and determine the type of fitness programs they want to specialise in. This adaptability allows for a well-rounded and satisfying post-retirement lifestyle.

Furthermore, it cultivates a profound sense of contentment and gratification. Assisting clients in reaching their fitness objectives, observing their progress, and being a part of their fitness journey can be deeply fulfilling.



What Is Required?

To succeed as a fitness trainer, specific skills and temperament are necessary. You must have a deep understanding of fitness principles, nutrition, and exercise techniques. Additionally, strong communication and interpersonal skills are crucial for building trust and rapport with clients.



What You Need and How Much Will It Cost?*

The equipment and cost required to start a career as a fitness trainer can vary depending on your chosen niche. At a minimum, you will need fitness clothing, basic fitness equipment (e.g., resistance bands, dumbbells), liability insurance, and certification from a reputable fitness organisation which can cost you between ₹10,000 to ₹50,000.

If you plan to offer in-person training sessions, you may also need access to a gym or fitness studio, which can involve additional monthly rental costs which could range from ₹15,000 to ₹50,000 per month.



Expected Earnings

Earnings as a fitness trainer can vary based on factors such as location, specialisation, and client base. On average, a fitness trainer can earn around ₹20,000 to ₹50,000 per month. However, experienced trainers with a strong client base can earn significantly more, with top earners making several thousands or more, annually.



The Final Word

The demand for fitness trainers continues to grow, and retirees can leverage their life experiences to make a positive impact on the health and fitness journeys of their clients. This gig offers not only a sense of purpose but also the satisfaction of contributing to the well-being of others, making it a distinctive and valuable post-retirement pursuit.



Physical Trainer
Aditya Kedia, 35, Gurgaon

"Get a certification and exposure in this area by working as an intern before starting out on your own."