

maths:

make your career count

Personal Trainer Ben Frazer

“ I use maths every day in the gym. Percentages are used to ensure that weightlifting clients are working correctly. I also compare the difference in muscle mass and fat mass and precisely calculate the amount of weight moved in a session. Maths is important when preparing diets so that there is the right balance of fat, carbohydrates and protein. I love my job. I work my own hours and I help change lives for the better.

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mathscareers.org.au



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