



# The most recognized certification to launch careers in health & fitness



## 90,000+ ACE Certified Pros

Join the largest certifier in health & fitness for over 40 years.



## Global Mission

Make an impact with a leading non-profit that advocates for you.



## NCCA Accreditation

The gold standard for programs certifying healthcare, fitness, wellness, and more.



## 96% Satisfaction Rate

Be part of a family that supports you throughout your career.

# Gain the expertise to transform lives with an ACE Certification Study Program

- ✓ Self-paced, online study programs for the utmost flexibility
- ✓ Foundational knowledge & practical skills to build in-demand skills
- ✓ On-demand study support to help you succeed at all times

[ACEfitness.org/certifications](https://ACEfitness.org/certifications)



## Personal Trainer

For those who enjoy creating workouts and one-on-one training.

- ✓ Learn the latest evidence-based research in exercise science
- ✓ Gain relevant skills to design and apply unique exercise programs
- ✓ Discover the principles of behavior change to build a trusting client-trainer relationship



## Health Coach

For those who enjoy influencing healthy habits and mindfulness.

- ✓ Learn the theory and art of behavior-change coaching
- ✓ Gain practical and effective strategies to facilitate lifestyle change
- ✓ Discover the role lifestyle medicine plays in the prevention and management of chronic diseases



## Group Fitness Instructor

For those who enjoy leading high-energy groups.

- ✓ Learn the latest instructional techniques, coaching skills and strategies to deliver effective classes
- ✓ Gain the foundational knowledge to lead group fitness classes of any kind
- ✓ Discover evidence-based fundamentals and behavior change techniques to set yourself apart



## Medical Exercise Specialist

For those who enjoy healthcare and helping patients recover.

- ✓ Learn how to help individuals coping with one or more diseases or disorders, or following rehabilitation
- ✓ Gain the knowledge to serve as a critical link between clinic and community
- ✓ Discover evidence-based fundamentals and behavior change techniques to set yourself apart



## Personal Trainer Certificate

Kickstart a fitness career faster, easier and stress-free.

- ✓ Learn the key essentials of personal training
- ✓ 100% online, open-book, non-proctored exam