

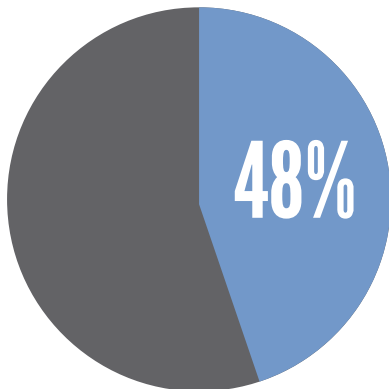
THE BEST TRAINING MODEL. THE BEST TRAINERS.

Become an NASM Certified Personal Trainer



ABOUT NASM

For over 25 years, the National Academy of Sports Medicine (NASM) has set the standard in personal training certification, continuing education and tools for health and fitness professionals. We offer a wide range of opportunities for you to learn, grow your skills, build your business and apply your knowledge in real world settings to help your clients reach their fitness goals.



Nearly half of NASM personal trainers are employed within one month of certification.*

*Ascend Learning and NASM Survey, May 2012

THE TOP CHOICE OF TRAINERS AROUND THE WORLD

The NASM Certified Personal Trainer, NASM-CPT, is the most sought after personal trainer certification in the industry. Our certification sets the standard in fitness, requiring a comprehensive knowledge of human movement science, functional assessment, and program design. In addition to our NASM-CPT, we offer a progressive career track with advanced specializations and continuing education courses - which keep our personal trainers at the top of their game.



“I would highly recommend all trainers seeking a professional certification to look no further than NASM. It is my foundational certification that has set an amazing ground work for all the other methods of training I currently have.”

*Andrea Austin, NASM-CPT
Creator and CEO, Andrea Austin Fitness, Inc.*

WHY NASM?

The NASM Certified Personal Trainer Certification and specializations are developed with NASM’s exclusive Optimum Performance Training (OPT™) model™, the industry’s first comprehensive training system based on scientific, evidence-based research. It takes the guesswork out of program design and helps you produce consistent and remarkable results for your clients.

The OPT model was developed to concurrently improve all functional abilities, including flexibility, core stabilization, balance, strength, power, and cardiorespiratory endurance.

OPT has been extremely successful in helping clients from diverse populations to reduce their body fat, increase lean muscle mass and strength, and improve performance and overall health.



“I have worked in the fitness field for over ten years and have truly developed a passion for all aspects of fitness, including the process of learning and optimizing training techniques. I’ve obtained numerous certifications from nationally recognized organizations, but NASM is simply the best.”

Patrick Murphy, NASM-CPT, CES, PES



CPT CERTIFICATION

Take your passion for fitness to the next level with the NASM Certified Personal Trainer certification. With the NASM-CPT, learn how to create goal-specific programs, maximize client results and build your business using

tools and techniques that countless Certified Personal Trainers have utilized to establish dynamic careers in fitness. NASM is accredited and recognized throughout the fitness industry as the leader in personal training certification.



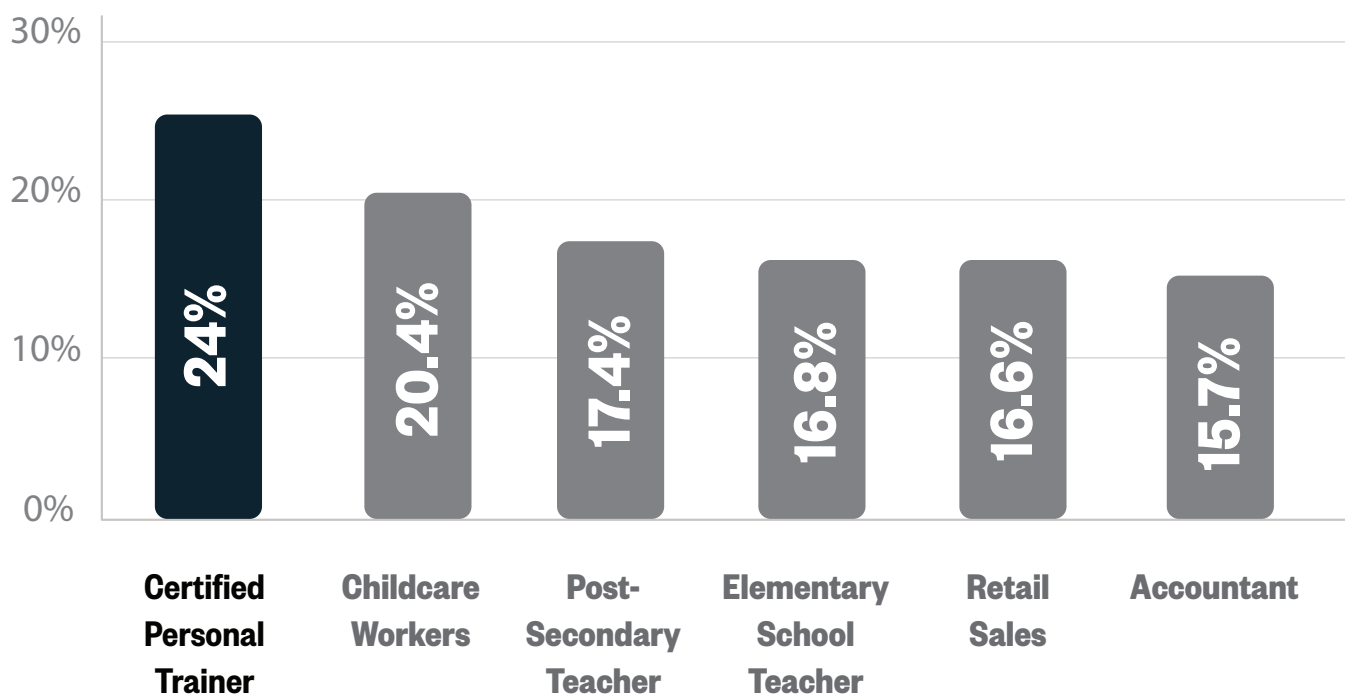
**Don't just be a personal trainer.
Be an NASM Certified Personal Trainer.**

JOB GROWTH

The average starting salary for an NASM Certified Personal Trainer (NASM-CPT) is \$44,000.* Not only are CPTs experiencing an employment boom, but the U.S. Department of Labor expects the profession to **grow by 24% in the next decade**. To put it simply: the industry needs you! If fitness is your passion, why not turn your love of working out into a rewarding, high-paying career that will transform the lives of others?

Personal Training was recently named the **No. 18 Best Job in America** by **CNN Money** due to its growth opportunities, great pay, and benefit to society.

Projected 10-year job growth **



*Source: SimplyHired.com

**US Department of Labor, www.bls.gov, Bureau of Labor Statistics

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**To learn more about becoming an
NASM Certified Personal Trainer, visit
NASM.org or call 1.800.460.6276.**