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The NASM Nutrition Certification is designed for working fitness professionals such as Certified Personal Trainers, Group Fitness Instructors, or Strength and Conditioning Coaches (to name a few). As an NASM Nutrition Coach, fitness professionals can add a new revenue stream to their existing business by providing nutrition coaching to their clients either face-to-face or online.

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Most personal trainers give diet and nutrition advice to their clients without ever taking a course on it. In this article, I will do reviewing NASM's fitness nutrition specialist certification so that you can see if it is right for you.

NASM Fitness Nutrition Specialist (FNS) Review (2020)

The study guide for the NASM fitness nutrition specialist certification follows the most recent textbook of nutrition (6th edition) by Paul Insel. Overall, this textbook has 19 total chapters and is over 1000 pages long. However, for the

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NASM FNS, they do not cover all 19 chapters.

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NASM Fitness Nutrition Specialists:
Teach clients how to interpret labels, select appropriate portion sizes, and eat healthily; Educate clients about nutrition's critical role in weight loss and management; Illustrate how energy balance, caloric needs, activity, metabolism, and food choices impact fitness goals; And much more!

Fitness Specializations and Advanced Credentials | NASM

NASM Nutrition Certification's high-quality content is available from wherever you are - on mobile, tablet, or desktop. Start changing lives today! For over 30 years, The National Academy of Sports Medicine (NASM), has helped thousands of people just like you achieve their dreams, and take their lives where they never thought possible.

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Through my training as a Fitness & Nutrition Specialist, I can help you transform your life by providing time-tested, scientifically-valid nutrition and weight-loss information. I can help you balance the fitness nutrition equation to evaluate & maximize the nutritional components of macro & micronutrients.

NASM-Fitness & Nutrition Specialist | Mary Mitchell Health ...

The cheapest option at the time of this writing was the ACE Fitness Nutrition Specialist “Basic” package for \$599. They also have a “Plus” package for \$749 that includes a hard copy and audiobooks. The Precision Nutrition Level 1 Certification, NASM Nutrition Certification, and ISSA Fitness Nutrition Certification are all \$799.

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Health & Fitness Blog | NASM | Nutrition

6 Best Nutrition Certification Programs for Fitness Professionals: NASM CNC Certified Nutrition Coach; The National Academy of Sports Medicine (NASM) is a premier fitness provider and so it is of no wonder that their certification is one of the most coveted ones. In fact, we believe that it is the best nutrition certification program that you ...

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Fitness Nutrition Specialist NASM Flashcards | Quizlet

Fight the obesity epidemic with the power of food! NASM Fitness Nutrition Specialists: Teach clients how to interpret labels, select appropriate portion sizes, and eat healthy; Boost their reputation, career, and client base as the go-to expert on nutrition and diet; Educate clients about nutrition's critical role in weight loss and management

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