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~~Certification Candidate Handbook~~

However, if you aspire to design and lead all formats of group exercise, the ACE Group Fitness Instructor Certification is the optimal choice. The ACE Health Coach Certification is designed for individuals who seek to obtain the behavior change, physical activity and nutrition coaching skills needed to promote long-term, healthy change.

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The primary manual is the “ resources for the group exercise instructor. ” This textbook can be purchased from the ACSM website for \$72.99. The smaller second book is called “ the guidelines for exercise testing and prescription. ” This textbook can also be purchased from the ACSM website for \$41.99.

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Ann Lugo is certified through the American Council on Exercise. Learn more about Ann Lugo

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