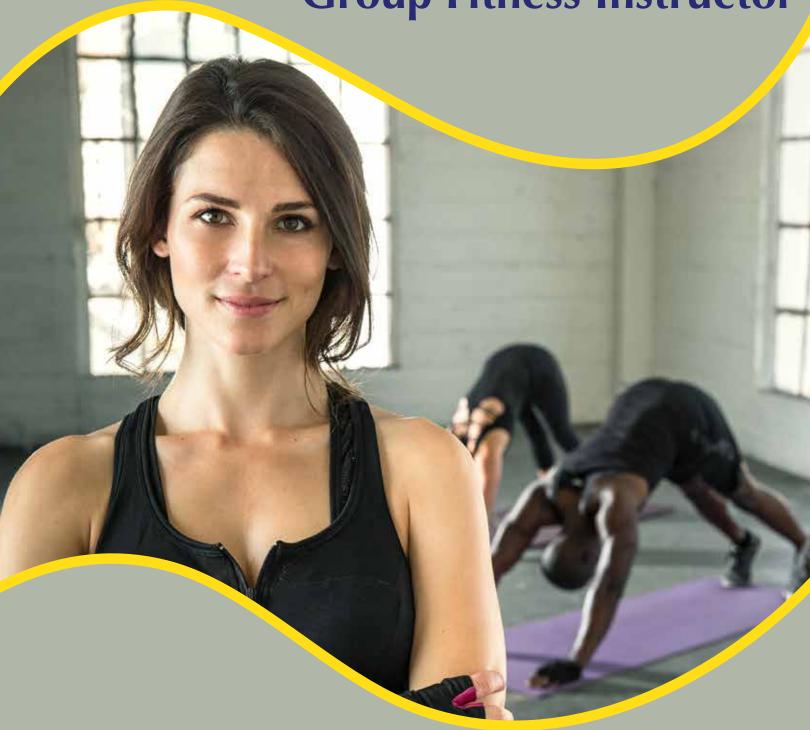


# Learn how to become a

Personal Trainer

Group Fitness Instructor



Contact our Fitness Coordinator stacy.gartner@fe.navy.mil

## **Certified Personal Trainer Requirements:**

### **Step #1: Complete a Nationally Accredited Certification**

- American Council on Exercise (ACE)
- American College of Sports Medicine (ACSM)
- National Academy of Sports Medicine (NASM)
- International Sports Sciences Association (ISSA)
- National Exercise & Sports Trainers Association (NESTA)

#### **Step #2: Complete CPR Certification**

NAF Atsugi American Red Cross DSN 264-6794 / Commercial 0467-63-6794

Email: atsugi@redcross.org

## **Group Fitness Instructor Certification:**

## Step #1: Complete a Nationally Accredited Certification

- American Council on Exercise (ACE)
- American College of Sports Medicine (ACSM)
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## **Already Certified?**

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