



MAKE YOUR PASSION YOUR PROFESSION

If you think business casual means workout wear, the office should be equipped with barbells, and success is helping others get healthy, you're ready to turn your passion for fitness into a rewarding profession as an NASM Certified Personal Trainer (CPT).

As an NASM CPT, you'll set your own hours and enjoy the job security of working in an industry that's expected to grow more than 16% from 2015 to 2020¹. In addition to accelerating your career opportunities, you'll make a paycheck—and a difference—helping clients lead more active lives.

EMPLOYERS AGREE: No certifier better prepares you to start your career than the National Academy of Sports Medicine. With programs designed for your success NASM tops its competitors for its expertise, its proven, evidence-based training model, career opportunities, and for training the most qualified trainers.²

¹IBISWorld, *Personal Trainers in the U.S.—Industry Market Research Report*, Feb. 2015

²Results of study conducted by MarketLab, a third-party researcher, in May-June 2016, sampling U.S.-based Club Managers

***“PEOPLE SPEND THE WHOLE
DAY IN AN OFFICE LOOKING
FORWARD TO THE GYM,
AND I’M THERE ALL DAY.”***

**NASM MASTERTRAINER
BRIAN SCHWEITZEROF**

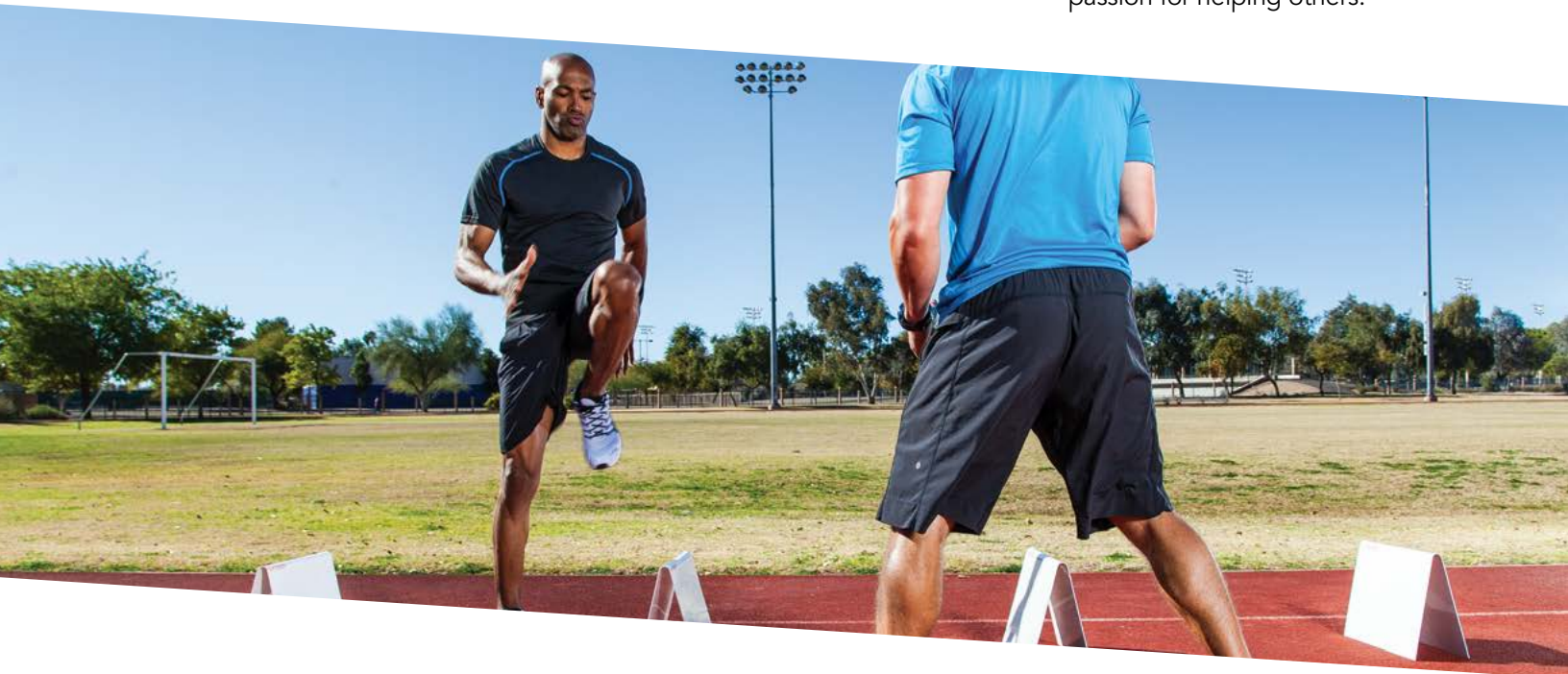
WHAT DOES A PERSONAL TRAINER DO?

The fitness professional provides guidance to help clients achieve their personal, health, fitness, and performance goals via the implementation of exercise programs, nutritional recommendations, and suggestions in lifestyle modification. Personal trainers commonly work in clubs, homes of clients, public spaces or in multiple fitness centers as an independent trainer.

Employment as a personal trainer in a fitness center is typically where most individuals start. Other times, they may begin as group exercise instructors, membership representatives, sales associates, or front desk attendants already working in and around the health club setting, and who are looking to branch out to working directly with clients.

Multiple career paths are possible, and some fitness professionals may decide they want to continue growing their career into a licensed profession, such as a physical therapist or athletic trainer. These licensed professions require additional education and specialized training.

Regardless of where someone decides to start, the foundation for embarking on a career in the fitness industry is a passion for helping others!



HOW DO I GET STARTED?

To become a certified personal trainer, you must successfully pass the NASM Certified Personal Trainer (CPT) exam validated by the National Commission for Certifying Agencies (NCCA). Thorough and focused preparation for the exam is key to

success. To prepare for the exam, NASM offers a variety of CPT prep programs including a Premium Self Study program.

In addition to passing the exam, certified personal trainers are required to be 18 years of age,

hold a current cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) certification, and have a high school diploma or the equivalent, such as the General Education Development (GED) test.

WHY NASM?

- We provide solutions professional trainers need today
- We offer a proven, evidence-based training model that's presented in an easy-to-understand format
- We prepare you for the exam—and your career
- We prepare you for real-world situations with practical and application-focused programs
- Employers agree: No certifier better prepares you to start your career than NASM.³

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"NASM PREPARES YOU FOR THE JOB BETTER THAN A FOUR-YEAR DEGREE. I LOVE HIRING NASM PROFESSIONALS WHEREVER I CAN FIND THEM."

**JACOB HOFFMAN,
GOO AND CO-FOUNDER, GOTRIBE**



TAKING THE EXAM

1: The Certification Candidate Handbook is a comprehensive overview of the NASM-CPT certification program and is required reading before taking the exam. The Candidate Handbook covers important topics such as eligibility requirements, the exam outline, expectations and recertification. This free handbook is available for download at NASM.org.

2: Register for your exam by calling PSI/LaserGrade at 800-733-9267 (USA & Canada). You will be eligible to schedule your exam three (3) business days after signing up with NASM. To register for an exam outside of the USA & Canada, you will need to contact NASM Member Services at 800-460-6276. Please allow 4-6 weeks for international scheduling. Students will have 180 days from sign-up date to take exam.

3: When you go to the testing center bring a valid, current government-issued Photo ID and current, valid Emergency Cardiac Care (CPR) and Automated External Defibrillator (AED) certification.⁴

⁴CPR/AED certifications are accepted from the Emergency Care & Safety Institute, American Heart Association, American Red Cross, American Safety and Health Institute, St. John Ambulance, or Emergency Medical Technician. Before taking your CPR/AED from another provider, please contact NASM.