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Instructors, or
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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.

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well as strategies to help your clients commit to healthy eating. Both programs offer actionable methods for improving the quality of exercise and nutrition for your client base. The skills you will learn are directly applicable to your own development as a trainer and can be

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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 NASM FNS, they do not cover all 19 chapters.

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I obtained this book
as part of studying for
the National Academy
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Specialist credential. I really liked the book in all aspects: its order of topics, its presentation of information, the number of charts/graphs included, the 'going green' and other special sections, and the writing style.

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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

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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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