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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)

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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 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!

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Certified Nutrition Coach - National Academy of Sports ...

NASM-Fitness & Nutrition Specialist: 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

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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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