



NASM-CPT APPROVED REFERENCES

PRIMARY REFERENCES:

1. NASM Essentials of Personal Fitness Training, 7th Edition
2. WHO guidelines on physical activity and sedentary behaviour: <https://www.who.int/publications-detail-redirect/9789240015128>
3. Dietary Guidelines for Americans: <https://www.dietaryguidelines.gov/>

SECONDARY REFERENCES:

1. NASM Essentials of Personal Fitness Training, 6th Edition
2. ACSM's Guidelines for Exercise Testing and Prescription, 9th, 9781609136055
3. ACSM's Resource for Personal Trainers, 5th Edition
4. Ace Personal Trainer Manual, 5th Edition
5. Essentials of Strength Training and Conditioning, 4th Edition
6. Lifestyle Wellness Coaching, Gavin; ISBN: 9781450414845