



CAREER MOVES

YOUR GUIDE TO
BECOMING A
PERSONAL TRAINER
FROM NASM

NATIONAL ACADEMY OF SPORTS MEDICINE

Congratulations!



I personally want to congratulate you on considering becoming a Certified Personal Trainer through NASM.

We created this guide to provide an overview of what to expect in this thrilling profession.

It's an exciting time in the fitness industry. More and more people are choosing healthier lifestyles, so there are more opportunities than ever to make a living by changing people's lives.

For over 30 years, the National Academy of Sports Medicine (NASM) has been the gold standard for fitness certifications. People just like you with busy schedules, fulltime jobs, and other commitments,

now have successful careers and side jobs as personal trainers.

On behalf of all of us at NASM, we're excited you're interested in motivating others to lead happier, healthier lives.

Gratefully,

A handwritten signature in white ink that reads "Laurie McCartney". The signature is fluid and cursive.

Laurie McCartney

President, NASM, AFAA & Premier Global NASM

A photograph of a man with short, curly hair and a beard, smiling broadly. He is wearing a light blue polo shirt and has his arms crossed. He is standing outdoors on a balcony or deck with a white railing. In the background, there are green trees and a clear sky. The overall tone is bright and positive.

What your
journey looks
like from
start to finish



1. You decide to take the next step

It's a big decision, and we congratulate you for it. You'll be changing the world, one client at a time.

2. Research and choose a provider that fits you best, and also offers you the best education

We encourage you to look around. (Of course, we hope you'll keep in mind that NASM certifications are the most sought after, and the most respected in the personal training industry.)

3. Learn your craft

With the convenience of digital learning, combined with interactive classes and optional live workshops, you could earn your certification in as little as 12 weeks, as long as you...

4. Pass the exam

You'll have plenty of guidance and preparation along the way.

5. Off you go!

With NASM's support, you'll build your client roster and start making money in almost no time. And our Success Coaches will be with you every step of the way.



So why
NASM?

You'll leverage the power of NASM's Optimum Performance Training® Model – OPT

With OPT™, you can take everything you learned in your Certified Personal Trainer program, and apply it quickly and confidently from the moment you start working with your first client.

- Easy to understand, and easy to communicate
- Helps trainers of all levels – from new to veterans
- Helps clients of all levels – from beginners to pros

It's just part of what has
set NASM apart from the
competition for 30 years
and counting.

Because of our experience,
the expertise of our
instructors, and the quality
of our content, we equip
the best personal trainers
in the world.

A young woman with dark, curly hair is smiling warmly at the camera. She is wearing a grey tank top and a small stud earring. The background is a blurred gym or fitness studio with other people in the distance.

What comes after certification?

Increase your skillset –
and your paycheck –
with a specialization.

Adding a specialization to your body of knowledge can help shape the future of your business, increase your earning potential, and help you change more lives than ever before.

You'll gain all the skills, knowledge and confidence needed to help your clients – and yourself – succeed. Here are just a few of the specializations NASM offers:



NASM-PES

Performance Enhancement Specialization

Give your clients the competitive edge it takes to win by improving their flexibility, speed, and performance. You'll improve your personal marketability with sports-minded clientele – from weekend warriors, to pro-level athletes.

NASM-CES

Corrective Exercise Specialization

Understand and optimize your client's movement with the NASM-CES. You'll be able to assign individualized exercises to clients, helping them improve movement quality.



NASM-CNC

Nutrition Certification

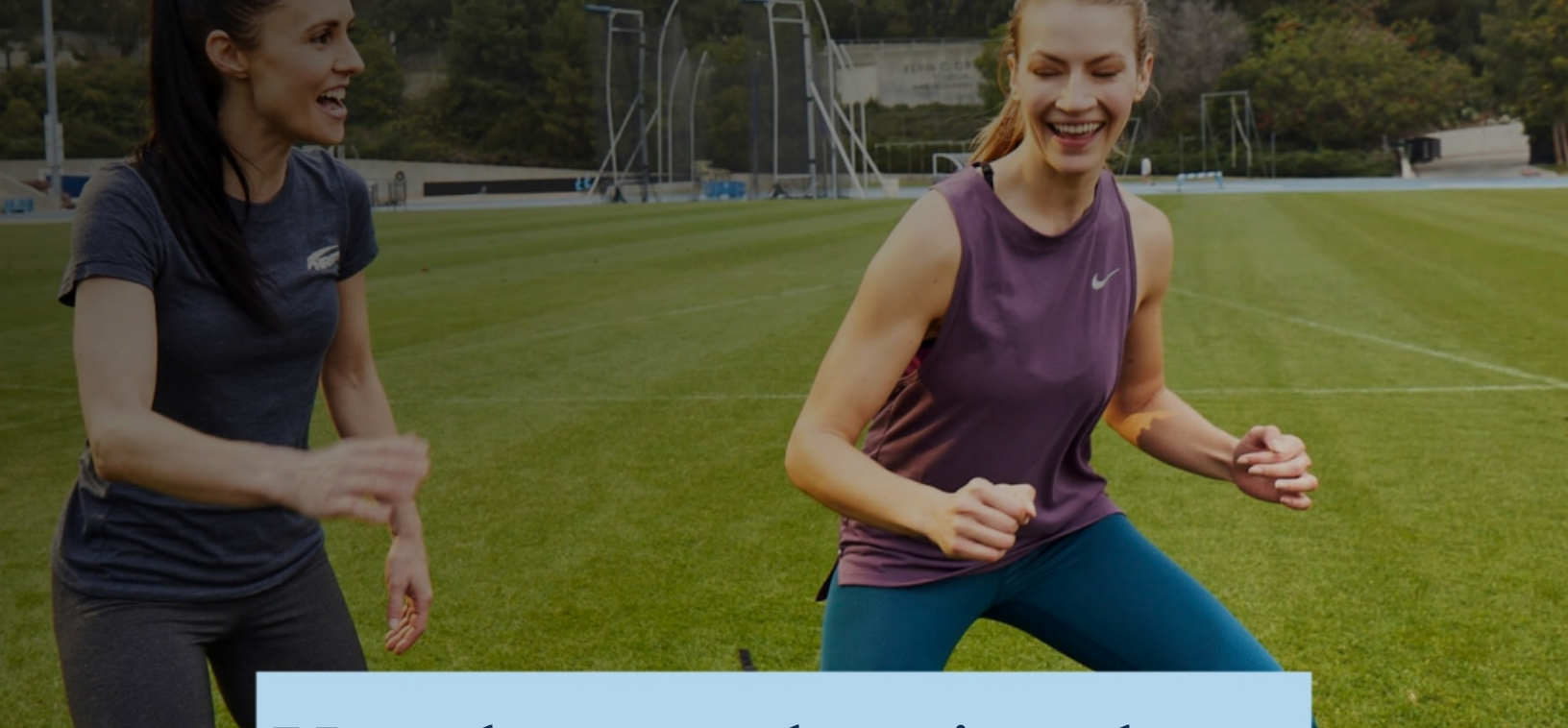
Everything you need to give individualized nutrition coaching for any level of client. You'll meet your clients wherever they are on their paths towards health, and create lasting strategies for navigating real-world situations.



YOU'LL HAVE EXCLUSIVE CAREER OPPORTUNITIES.

NASM provides you with plenty of resources to keep the opportunities coming.





You have what it takes.

Just read these testimonials from our graduates. People with busy schedules just like yourself who succeeded, and went on to pursue a career in the fitness world.

"I am forever thankful to NASM for providing me with the best education to successfully improve my clients' lives. Every day I get to do what I love!"

CRYSTAL REEVES
NASM MASTER TRAINER, NASM-CPT,
CES, PES, FNS, WFS

"I have been certified for 19 years with NASM. If you're serious about the business, it's the best. Most places highly recommend NASM."

SUZANNE HYDE
NASM-CPT

"I cannot fully express how happy I am with the knowledge that NASM has given me!"

RENE MORENO
NASM-CPT, PES, FNS

"NASM has become a second family to me, and I am so glad that I chose to go with the BEST!"

AMBER BOYD
NASM MASTER TRAINER,
NASM-CPT, CES, GPTS

"So glad I chose NASM to complete my personal training certification. From start to finish, they have been great! If you're seriously interested in becoming a CPT, then NASM is my recommendation for you!"

BRENT TYLER
NASM-CPT

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