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ACE Healthy Living | How Having a Health Coach Improves ...

ACE Health Coach (American Council on Exercise) is a certification program that approaches health and wellbeing holistically, rather than through conventional diet and exercise. It's designed to create true, lasting transformation for your clients through habit change. The courses delve into several subjects, such as:

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If you need help selecting appropriate study materials for your fitness education, registering for an ACE exam or answering any questions about your certification, we're here to help. Expert consultants are available via e-mail at support@acefitness.org, on Live Chat or by phone at the number below Monday-Friday, 5 a.m. to 6 p.m. (PST).

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The standard bundle includes the primary textbook (or health coach manual), access to take the exam and entrance into their “ACE Academy”. The more expensive of the two bundles is called their premium bundle and will cost you \$599.

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The ACE Medical Exercise Specialist Certification is designed for advanced health and fitness professionals providing in-depth preventive and post-rehabilitative fitness programming for individuals who are at risk for, or are recovering from, a variety of

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cardiovascular, pulmonary, metabolic, and musculoskeletal diseases and disorders, as well as apparently healthy clients in special population groups, including older adults, youth, and prenatal and postpartum women.

Certification Candidate Handbook

I earned my ACE Health Coach certification last year... I bought the standard book and completed the manual-plus bought few practice tests (I would recommend a practice test or two). The test is challenging, and I remember the questions being mainly real life application problems-very little regurgitation of information.

ACE Health Coach Exam Tips - IDEA Health & Fitness Association

Karin is right! ACE just replaced the old Life Style and Weight Management Coach with the Health Coach certification. I am actually waiting on my materials which should come any day. I hope to be certified in a couple of

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months. If you go to ACE's site it is pretty user-friendly and might help answer some of your questions ☐☐ Julie

ACE health coach? - IDEA Health & Fitness Association

The 2nd Edition of the ACE Lifestyle & Weight Management Consultant Manual (with companion DVD) has been completely overhauled and features an increased focus on the psychological aspects of weight management, as well as more in-depth coverage of the physiology of obesity and the techniques of lifestyle coaching.

Ace Lifestyle & Weight Management Consultant Manual: The ...

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