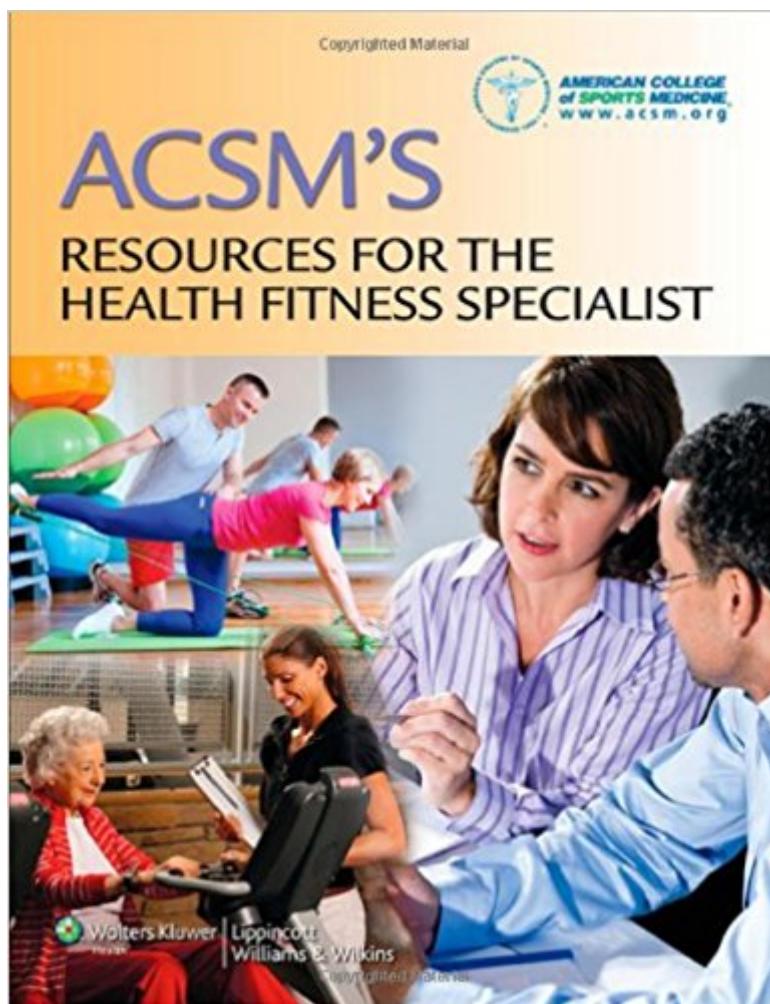


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# ACSM's Resources For The Health Fitness Specialist



## **Synopsis**

This valuable new resource is specifically designed for candidates for the ACSMâ™s Certified Health Fitness Specialist (HFS) and those personal trainers wanting to take their knowledge to the next level.Â It contains the latest material on health and fitness written by the entity setting the standard for scientifically based practice, The American College of Sports Medicine.Â The American College of sports Medicine is the largest sports medicine and exercise science organization in the world. More than 45,000 members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

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A great Book for the HFS

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helps sum up all that I have learned in school in order to be prepared to take the HFS exam.

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