



NEWS RELEASE

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ACCREDITED HEALTH AND FITNESS CERTIFICATION PROGRAMS ENSURE VALUE FOR CONSUMERS, CREATE OPPORTUNITIES FOR PROFESSIONALS

WASHINGTON, DC – When it comes to living healthier, happier lives, Americans can rely on certified fitness trainers and nutrition experts to offer the guidance needed to make and achieve fitness goals.

According to USA.gov, **getting fit, losing weight**, and **managing stress** are among the most common New Year's resolutions in America. Unfortunately, [research](#) has shown that after six months, only 46 percent are still following through on their good intentions. Common challenges to fitness resolutions have to do with setting realistic goals, setting a plan to reach those goals, and finding the right facilities, program, and guidance.

Assistance from certified personal or fitness trainers and nutrition experts can mean the difference between disappointment and positive change. When people rely on the knowledge and experience of a certified professional, they can be confident that they are following the right steps, and are moving toward their fitness goals at a pace that's right for them.

"Fitness is one of America's most pressing health issues today," said Denise Fandel, former NCCA Chair. "We work with many health organizations that insist on using personal or fitness trainers certified through an NCCA-accredited program. That way they know they are offering the best education and tools that meet and exceed the industry's standards."

Fitness professionals certified by an NCCA-accredited program have demonstrated that they have the skills needed to safely and effectively help people reach their health-related aspirations. Certified professionals offer a significant competitive advantage over those with no credentials in winning clients and finding positions with leading health and fitness centers.

"NCCA-accredited certification programs produce professionals who adhere to a high standard of service, based on the industry's best practices," said Melissa Murer Corrigan, President, Institute for Credentialing Excellence (ICE). "Their certification acts as an assessment of the knowledge and skills required to excel as health and fitness professionals, benefiting employers and the general public."

People and organizations looking for high quality health and fitness professionals should look for practitioners certified by NCCA-accredited programs. It is an indicator that the service will be of high quality and value, bringing positive results that are achieved safely and effectively.

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The following organizations have NCCA-accredited nutrition and fitness certification programs:

- [Academy of Applied Personal Training Education](#)
- [American Clinical Board of Nutrition](#)
- [American College of Sports Medicine](#)
- [American Council on Exercise](#)
- [Certifying Board for Dietary Managers](#)
- [Commission on Dietetic Registration of the American Dietetic Association](#)
- [The Cooper Institute](#)
- [International Fitness Professionals Association](#)
- [National Academy of Sports Medicine](#)
- [National Athletic Trainer's Association Board of Certification](#)
- [National Commission for Health Education Credentialing](#)
- [National Council for Certified Personal Trainers](#)
- [National Council on Strength and Fitness](#)
- [National Exercise and Sports Trainers Association](#)
- [National Exercise Trainers Association](#)
- [National Federation of Professional Trainers](#)
- [National Strength and Conditioning Association \(NSCA\)](#)
- [Training and Wellness Certification Commission](#)

About the Institute for Credentialing Excellence and the National Commission for Certifying Agencies

Established in 1977, ICE (formerly the *National Organization for Competency Assurance*) is the leading international membership organization representing the credentialing community. ICE fulfills its mission through the delivery of education and training programs, in setting quality standards for credentialing, and by providing accreditation services through its accreditation division, the National Commission for Certifying Agencies (NCCA). The ICE membership is composed of credentialing organizations, testing companies, and individual professional development consultants. Through its annual conference, Webinars, and publications, ICE serves as the source for information on the latest trends and issues of concern to practitioners and organizations focused on certification, licensure education/training and workforce development. ICE and NCCA are based in Washington, DC. For further information, please visit www.credentialingexcellence.org.