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This Fitness Mentors Study Guide and Audio Lectures for the NASM Fitness Nutrition Specialist Exam highlight information that is crucial to passing the NASM-FNS Exam. With so many topics that can make it on the test, trust us to guide you to the information that will lead to your success.

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Host and NASM Master Instructor Rick Richey talks about

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I obtained this book as part of studying for the National Academy of Sports Medicine Fitness Nutrition Specialist credential. I really liked the book in all aspects: its order of topics, its presentation of information, the number of charts/graphs includes, the 'going green' and other special sections, and the writing style.

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Host and NASM Master Instructor Rick Richey talks about eating disorders and non-triggering with expert Abbey Griffith.

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She is an NASM Certified Personal Trainer, Nutrition Coach, and Eating Disorder Recoveree who has devoted her life to helping people ...

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The cheapest option at the time of this writing was the ACE Fitness Nutrition Specialist "Basic" package for \$599. They also have a "Plus" package for \$749 that includes a hard copy and audiobooks. The Precision Nutrition Level 1 Certification, NASM Nutrition Certification, and ISSA Fitness Nutrition Certification are all \$799.

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NASM Accredited. Tyler Mujko is a certified personal trainer, weight loss specialist and fitness nutrition specialist under the National Academy of Sports Medicine. He also holds a BA in physical education. Tyler currently serves clients personally, teaches fitness classes and serves as a physical education instructor under the New York City ...

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