

# ABOUT FITNESS MATTERS



## OUR STORY

Fitness Matters is a leading international fitness institute registered with Ministry of Corporate Affairs, Government of India (CIN - U85100CH2011PTC033318) having its head office in Chandigarh, India. It was established in the year of 2011. We are a team of highly proficient coaches with more than a decade of experience. We are empowering personal trainers, group fitness instructors and nutrition professional to spread the knowledge and fitness trends.

Our certified professionals are leading as fitness experts for the wellbeing of the society. Being updated with global fitness trends, we impart knowledge based on latest research and facts to strengthen our students. Till now the institute has provided thousands of certifications to fitness professionals and enthusiasts in different skill sets. Many of these students have successfully completed renowned international certifications like ACE Personal Trainer Certification, ACE Nutrition, Boot Camp and Rehab Express. Our students are working both in International and National level platforms. Today we are a big fitness family. Be the part of our family.

## OUR ACCREDITATION AND AFFILIATIONS



WATERWORLD  
*...be more than sport*



**Quality Matters At Fitness Matters!**

## ABOUT THE COURSE

Fitness Matters Nutrition for Health Fitness and Performance course is a comprehensive nutrition program. This course equips you in handling clients who have weight loss/gain, hormone imbalance, special conditions and sports performance goals. The program goes way beyond basics in teaching the concepts of hormones, supplements, and ergonomics aids to give our learners a competitive edge.



5 is to 1 Student-Teacher Ratio  
Individual Attention  
Comprehensive Curriculum  
Nutrition for Medical Conditions  
Live Interactive Classes  
Bilingual Mode of Teaching  
Weekly Review  
Case Studies  
Bilingual Exams



सत्यमेव जयते  
GOVERNMENT OF INDIA  
MINISTRY OF SKILL DEVELOPMENT  
& ENTREPRENEURSHIP

 N.S.D.C.  
National  
Skill Development  
Corporation  
Transforming the skill landscape

 SPEFL-SC  
Sports, Physical Education  
Fitness & Leisure Skills Council

 Skill India  
कौशल भारत - कुशल भारत



# Nutrition for Health Fitness and Performance (NHFP) Online

*A Comprehensive Course*

## WHY GET CERTIFIED?

Fitness fraternity is as dynamic as it comes. Keep up with the latest trends of the fitness industry and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer.

Fitness Matters has successfully shouldered this responsibility for the last 9 years and will continue to do so with our strong students. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.

Nutrition Facts	
Serving Size 1/2 cup (121g)	
Servings Per Container about 7	
Amount Per Serving	
Calories 45	
Calories from Fat 0	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 260mg	11%
Potassium 390mg	11%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 15%	Vitamin C 10%
Calcium 0%	Iron 8%
Vitamin E 10%	Manganese 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TOMATOES, TOMATO PUREE, LESS THAN 2% OF: BASIL, SALT, CITRIC ACID.

## ABOUT THE COURSE

- Anatomy, Digestion & Absorption
- Types & Ratio of Carbohydrates, Fat & Proteins for Fuel & Recovery
- Hydration for Optimum Health
- Vitamins & Minerals and How to Combat with Their Deficiencies
- Energy Systems, Body Types and Their Relation with Diet & Nutrition Planning
- Alcohol, Eating Disorders and How They Alter Eating Behavior
- Hormones & How to Balance Them with Diet & Nutrition Planning
- Metabolism & Energy Balance
- Nutritional Assessments & Dietary Guidelines for Healthy People & People With Special Conditions like BP, Hypothyroid etc.
- Nutrition and Supplementation Planning for Weight Loss,/Gain, Armature & Pro Athletes.
- Trending Dietary Approaches like Ketogenic (Keto), Intermittent Fasting & More.
- Androgenic Anabolic Steroids (AAS) & Non AAS Growth Factors

## WHAT YOU GET

1. Printed Study Material
2. Recoding of Attended Classes
3. NHFP Certificate
4. NHFP Certificate Card
5. Certification Confirmation Letter
6. SPEFL NHFP Certificate



## WEEKDAYS SCHEDULE



**Course Duration:** 2 Months

**Session Duration:** 2 Hours

**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE

**Course Duration:** 3 Months

**Session Duration:** 3 Hours

**Teaching Days:** Saturday & Sunday

## ASSESSMENT



**Exam Language:** English & Hindi

**Exam Format:** Online - Computer Based

### Exam 1

Multiple Choice Questions (MCQ)

### Exam 2

2 Case Studies Exam (MCQ Based)



## CONTACT US

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## COURSE FEE ₹

36,000

**Fee Includes** - (Printed Study Material, Courier Charges, Coaching Classes, Classes Recordings, Practice Questions, Case Studies, Final Exams, Printed Certificates)

## TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



**Total Seats:** 5

**Discounted Seats:** 2 (On Full Payment)



FITNESS DOES MATTER !

