

# 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



WATER WORLD  
*...be more than sport*



*Quality Matters At Fitness Matters!*

## ABOUT THE COURSE

The program merges the foundational principles and latest evidence-based knowledge and scientific understanding of diet and nutrition with real-world practical applications and examples that a health professional must master to help their current and future clients. curriculum focuses on providing deep insight about weight management, hormone imbalance, supplements and performance enhancing ergogenic aids.

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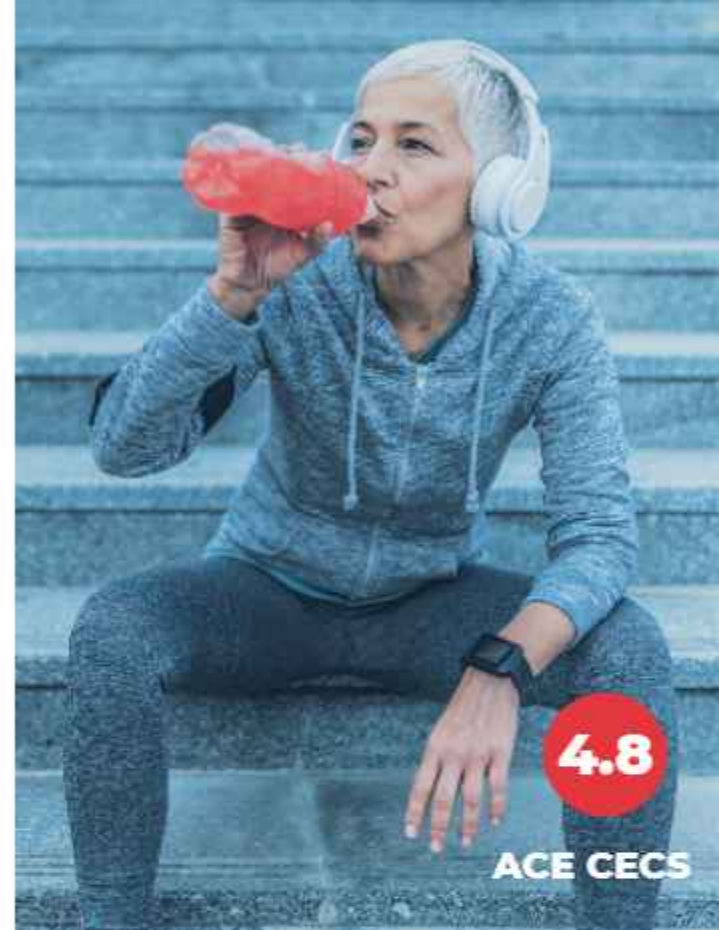


**ACE** →  
**APPROVED**

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## KEY FEATURES

Original Printed Manual from USA  
Digital Access of eBook on the App  
Digital Access of Animated Videos,  
Case Studies, Audio Podcasts and  
Review Questions  
Live Interactive Classes  
Limited Batch Size  
Bilingual Mode of Teaching  
Bilingual Online MCQ Exams



**4.8**  
**ACE CECS**

**Nutrition  
for Health  
Fitness and  
Performance  
(NHFP)  
Online**

An ACE Approved Course

## WHY GET THIS COURSE?

Have your clients ever asked you for diet and nutrition advice? In these situations, it can be tough to determine what level of guidance is appropriate and how to individualize nutritional information for clients of different ages, health status, fitness and performance goals. The Sports Nutrition for Health Professional course will provide you with this information and more, enabling you to become a more well-rounded health and fitness professional with the tools to impact lasting change in your clients' nutrition.



## WHAT YOU GET

Imported Study Material from USA  
Digital Access for On the Go Learning  
ACE Approved Certificate  
Employment Assistance



## COURSE CONTENT

- Carbohydrates
- Protein
- Fat
- Vitamins & Minerals
- Electrolytes, and Water
- Nutrition Assessments
- Body Composition Nutrition Coaching
- Nutrition For Different Stages of Life
- Dietary Guidelines and Nutrition Recommendations for Weight Management
- Diet and Nutrition Planning for Healthy People & People Who Have Special Conditions
- Eating Disorders
- Exercise Physiology and Role of Nutrition
- Exercise, Thermoregulation, and Fluid Balance
- Nutritional Strategies for Endurance, Strength, Power Leading to Performance Enhancement
- Nutritional Supplements and Ergogenic Aids
- Case Studies

## WEEKDAYS SCHEDULE



**Course Duration:** 2 Months  
**Session Duration:** 2 Hours  
**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE-1

**Course Duration:** 3 Months  
**Session Duration:** 3 Hours  
**Teaching Days:** Saturday & Sunday

## WEEKEND SCHEDULE-2

**Course Duration:** 6 Months  
**Session Duration:** 3 Hours  
**Teaching Days:** Sunday Only

## ASSESSMENT



**Exam Language:** English & Hindi

**Exam Format:** Online - Computer Based

**Exam 1**  
Multiple Choice Questions (MCQ)



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## CONTACT US

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www.fitnessmatters.org



## COURSE FEE ₹

46,000

**Fee Includes** - (Original Printed Study Manual, Courier Charges, Digital Access of eBook on the App, Digital Access of Animated Videos, Case Studies, Audio Podcasts, Coaching Classes, Exam Prep Questions, Final Exam Fee)

## TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



**Total Seats:** 5  
**Discounted Seats:** 2 (On Full Payment)



EDUCATION DOES MATTER !

