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NASM Essentials of. Personal Fitness Training FOURTH EDITION  
Micheal A. Clark, DPT, MS, PES, CES Chief Executive Officer  
National Academy of Sports Medicine Mesa, AZ. Scott C. Lucett,  
MS, PES, CES, NASM-CPT Director of Product Development  
National Academy of Sports Medicine Mesa, AZ. Brian G. Sutton,

...

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It's a unique online course that prepares you for the National Academy of Sports Medicine (NASM) exam. The NCCA-accredited NASM personal trainer certification is one of the most respected in the health and fitness industry. Start with this prep course to become a certified personal trainer (CPT) and reach your career goals.

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Chad Yarvitz, an NASM Certified Personal Trainer and owner of Xplicit Fitness in San Diego. 5. Empower Your Clients "The best trainers are coaches with the ability to empower their clients; consistency and connection leads to empowerment." Amanda Lynne, a personal trainer and triathlon coach in Marietta, OH. 6. Encourage a Healthy Lifestyle

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For personal trainers, having professional liability insurance can protect against legal claims made by a client if something unfortunate happens. Whether you are independent or employed, having liability insurance is a necessity. Certain employers require fitness professionals to have their own liability insurance even though they are under the company's insurance.

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