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Most personal trainers give diet and nutrition advice to their clients without ever taking a course on it. In this article, I will do reviewing NASM ' s fitness nutrition

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...

The study guide for the NASM fitness nutrition specialist certification follows the most recent textbook of nutrition (6th edition) by Paul Insel. Overall, this

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textbook has 19
total chapters and is
over 1000 pages
long. However, for
the NASM FNS,
they do not cover
all 19 chapters.

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Rick Richey talks about eating disorders and non-triggering with expert Abbey Griffith. 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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