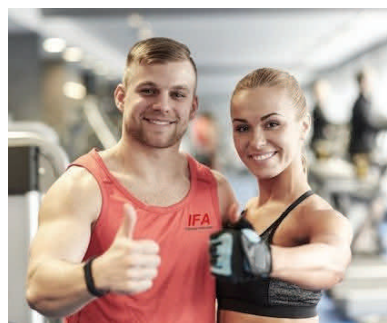


About Us

IFA began certification seminars back in 1995 in Orlando, Florida to provide a category of Group Fitness & Personal Trainers with the basic academic credentials necessary to instruct and guide the general population in health and fitness.



All current certification processes are strictly academic and theoretical. We felt that many of the fitness certification processes promoted

less than what we felt was required to teach general fitness. Subsequent certifications were then necessary to achieve a complete and more comprehensive background.

Some of the courses emphasized biological sciences rather than focus solely on training and the application of those sciences in a safe manner.

Our course is a three point comprehensive syllabus aimed at Nutrition, Weight Training and Cardiovascular Training.

We now have instructors in over 100 countries around the world and growing.

We are dedicated not simply to a select few who seek certification but to the general population as well, which is why we provide a wide variety of free services to everyone.

We are both Nationally and Internationally recognized. In addition all insurance carriers cover IFA instructors. Our goal is to provide basic fitness knowledge and the latest teaching philosophy to all.



International Fitness Association
12472 Lake Underhill Rd. #341, Orlando, FL 32828



**Leaders in
Fitness Training**

**Internationally
Recognized**

**Online
Training**

**International Fitness
Association**

Phone: 407-579-8610

<http://www.ifafitness.com>

World-Wide Membership

IFA offers online training and certification for Personal Trainer & Group Fitness Instructor, Sports Nutritionist, Senior Fitness Instructor, and Aqua Fitness Instructor.

IFA's **free** Fitness Training Manual can be downloaded from our website, or you may choose to purchase the manual at your local bookstore. Take IFA Certification exams **free** online, grades are returned immediately.

For each certification program, once you pass the exam, you have the option of receiving an IFA Certification. We offer two options for delivery of your certification. Your certification card and certificate can be delivered as a **PDF** by email in a matter of hours for you to print out. **Or**, you can have the card and certificate delivered to your home by regular mail. The certification fee is payable at IFA's secure website by credit card. You may also pay by mailing in a check or money order.



Group Fitness

Once your account has been activated through payment, you can also print out a personalized certificate suitable for framing directly from IFA's website. Re-certification at the end of the 2 year period is simple, read the manual, re-take the exam and then pay the certification fee. IFA does not require or accept CEU's for re-certification.

An IFA Certificate demonstrates theoretical and academic proficiency. The true qualifications of an instructor should be determined by the Fitness Coordinator or Manager of the facility. Only that person can make a qualitative assessment of an instructor; i.e., teaching ability, personality, choreographic aptitude, and even fitness level, which cannot be measured in a written exam or in a one-minute choreographic demonstration.

Our Personal Trainer & Group Fitness program is designed to provide the basic knowledge that we feel a Personal Trainer and Group Fitness Instructor should have. In essence, a Group Fitness Instructor, by our definition, should be all that a Personal Trainer is and more, which is why we do not separate the two.

As with any certification, degree or diploma, the real learning process comes in teaching and working with an experienced instructor.

IFA Certification does not require proof of a CPR certification, although it is recommended. However, it should be required by the hiring authority that can properly verify a current CPR certification.

We believe that the learning process should be self-motivated and continuous. Educational sources are numerous, such as books, health magazines, the internet, television, and formal university courses or classes.

IFA's course manual, Fitness ABCs is available at any bookstore. You can also download the manual free from our website as a PDF.

IFA's Certification exams are taken online and graded immediately. If you performed poorly, go over the area of study that you missed and take the exam again. There's no charge to retake the exam.

Chuck Krautblatt, CEO, IFA



Weight Training

Visit the **IFA** Website at:

<http://www.ifafitness.com>

- Free Services -

- Fitness Training Manual
- Group Fitness & Personal Trainer Exam
- Sports Nutrition Certification Exam
- Senior Fitness Certification Exam
- Aqua Fitness Certification Exam
- Instructional Online Video Links
- Automated Cyber Trainer
- International Gym Locator Database
- Free Database Listing for Gyms
- Sports Specific Exercises
- Step Aerobic Moves Library
- Cardio Kickboxing Moves Library
- Weight Training Reference
- Complete Stretching Reference
- Fitness Calculators
- Fitness Related Links



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