

THIS IS THE NASM DIFFERENCE

Here, we don't believe good enough is good enough. Because this isn't about checking a box. It's about launching your career.



The industry leader
Setting the standard for excellence



Learn more, better, faster
Programs designed by experts in adult education



Represented in every major pro sports league
100% of NBA, NFL, and MLB teams have an NASM-credentialed professional on staff



Never train alone
Get guidance from NASM experts and resources within a community of 1.5M+



Backed by science
Programs uniquely built on evidence-based research



Opportunities everywhere
Partnerships with 14,000+ gyms and health clubs



GET
CERTIFIED

MEMBERSHIP

ALL
COURSES

RESOURCE
HUB

WHAT'S
NEW

800-460-6276

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EXPLORE OFFERINGS

OUR FULL COURSE LINEUP POWERS YOUR PROGRESS

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Bundles

Achieve more,
spend less

Personal Training

Elevate your
expertise

Nutrition

Impact results
beyond the gym

Wellness

Support the whole
person

Specializations

Level up your
career. Earn CEUs

CERTIFIED PERSONAL TRAINER SELF-STUDY

\$79.00/mo

CERTIFIED PERSONAL TRAINER PREMIUM SELF-STUDY

\$99.00/mo

CERTIFIED PERSONAL TRAINER ALL-INCLUSIVE

\$69.00/mo

PLP Page Price



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COMMUNITY

ABOUT

MEDIA LIBRARY

RESOURCE CENTER

Unlock expert tips, tools, and guides to turn knowledge into action.

CALCULATORS

From macros to goals, get fast, accurate support with smart calculators.

PROGRAM TEMPLATES

Leverage templates to save time and coach with confidence.

ASSESSMENT FORMS

Simplify intake with customizable forms to assess, track, and set client goals.

EXERCISE LIBRARY

Search exercises with clear visuals and instructions for quick program building

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MEDIA LIBRARY

NASM IN ACTION

Watch NASM pros hit goals and change lives through real-world success.

COMMUNITY DISCOUNTS

Save big—get more without the extra cost.

PRO DISCOUNTS

Score exclusive perks for certified pros.

MILITARY DISCOUNTS

Claim exclusive savings for the military and their families.

PLP Page Price

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MEDIA LIBRARY

ABOUT US

Meet NASM—where science and sweat build bold fitness pros who raise the bar.

CONTACT US

Need help? Our team's ready with fast answers to keep you moving forward.

FAQ

Got questions? Get quick answers—from sign-up through your entire journey.

NASM JOURNAL

Access peer-reviewed research and real-world applications.

DIGITAL BADGES

Flex your credentials—LinkedIn, your site, anywhere you shine.

PAYMENT PLANS

Invest in growth without stress—flexible payment options that fit your budget.

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ABOUT

MEDIA LIBRARY

BLOG

Stay sharp with trending tips and expert advice to fuel your fitness journey.

AWARD-WINNING PODCASTS

Discover expert tips and fresh insights to train smarter and stay inspired.

WEBINARS

Train with top pros who live fitness and wellness and lead with passion.

CERTIFIED PERSONAL TRAINER SELF-STUDY

\$79.00/mo

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WHAT'S NEW

STAY AHEAD WITH NASM

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New Certifications

Unleash your potential

New Specializations

Maintain your momentum

New Continuing Education

Continue your education

Latest Features

Explore latest additions

can keep leading the way.

Fuel Progress with Science

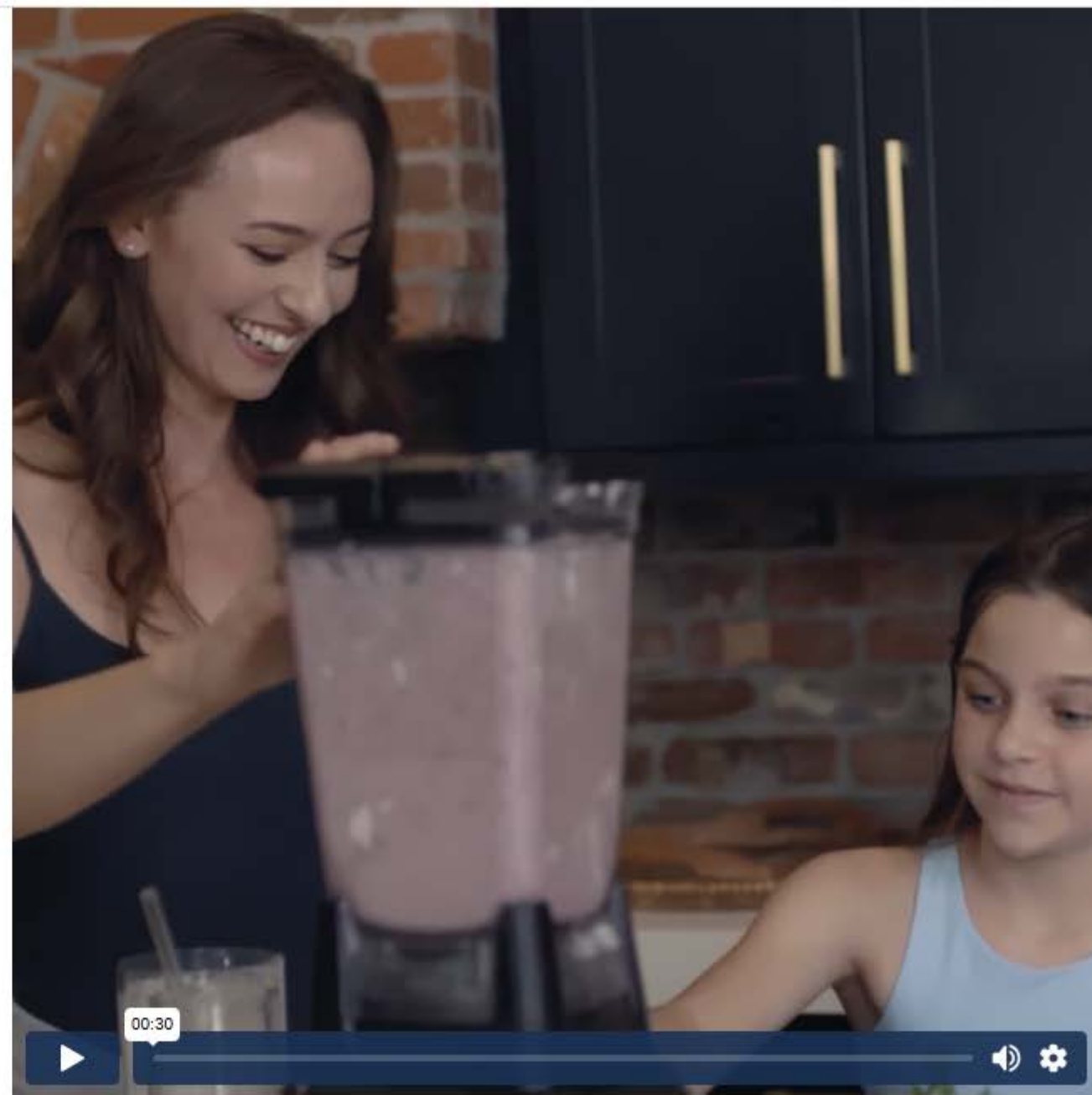
CERTIFIED NUTRITION COACH

Elevate everyone you coach by mastering nutrition—the building block of performance, health, and longevity.

[Get Started](#)

~~\$71.00~~ **\$49.00** /month

30% OFF



00:30



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Coach the Whole Human

CERTIFIED WELLNESS COACH

Expand your impact, elevate your career, and become the expert your clients can trust on their path to lifelong well-being-through the most trusted name in fitness and wellness.

[Choose Your Program](#)

~~\$121.00~~ **\$89.00** /month

25% OFF



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Ditch Diet Fads, Sustain Results

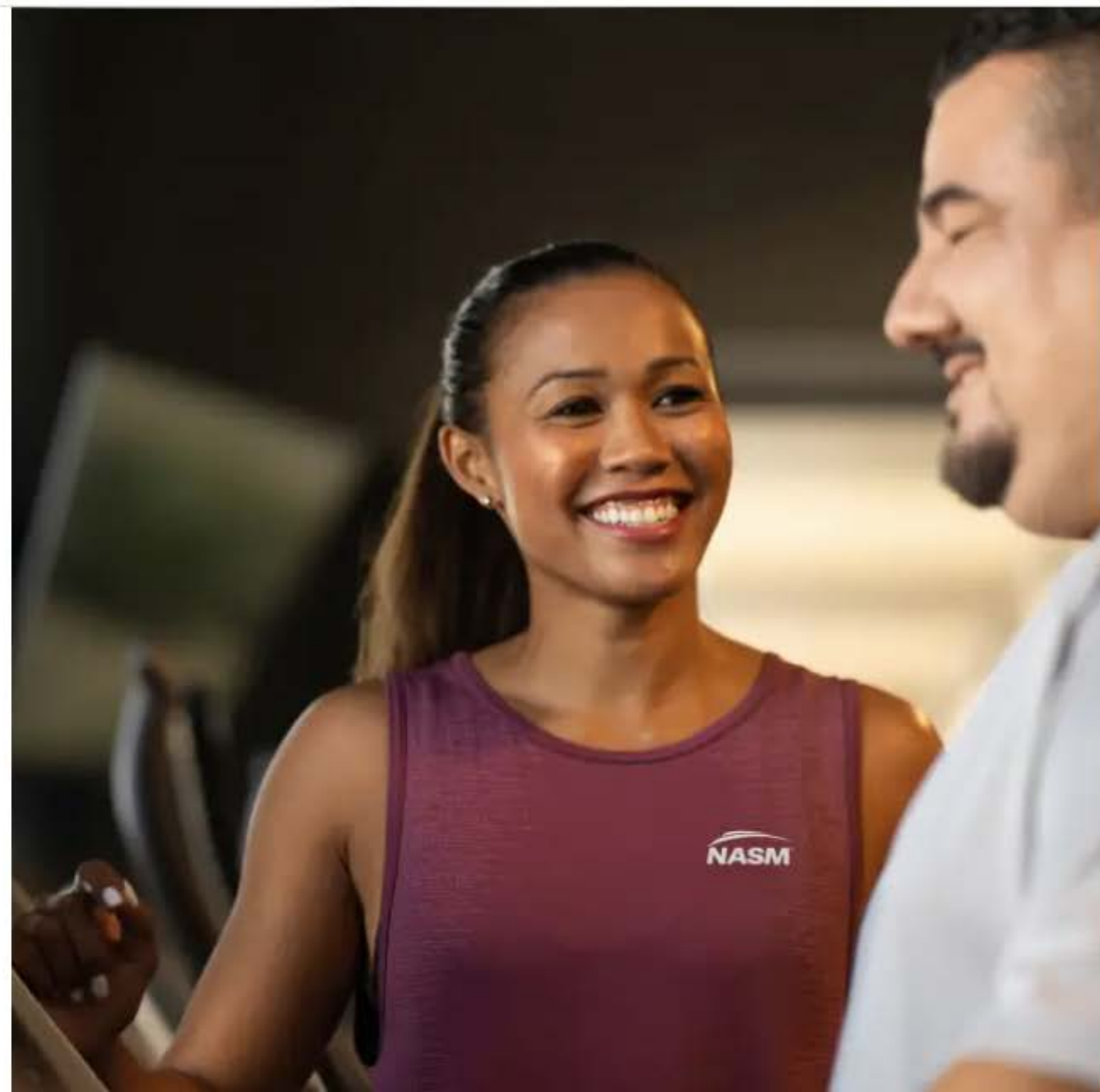
WEIGHT LOSS SPECIALIZATION

Master the science behind weight loss to guide sustainable change—with the experts on achieving lasting transformation.

[Get Started](#)

~~\$83.00~~ **\$49.00** /month

BUY ONE, GET ONE



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Coach the Complete Lifestyle

ULTIMATE WELLNESS & NUTRITION COACH BUNDLE

Guide clients through lasting transformation with science-backed strategies in nutrition, wellness, weight loss, and behavior change—built around the five pillars of holistic health.

[Get Started](#)

\$119.00 /month

OVER 55% OFF



WHAT'S TRENDING



UNDERSTANDING WEIGHT LOSS MEDICATIONS (GLP-1)

Acquire the knowledge to support clients using GLP-1/GIP medications for improved health and well-being. Gain evidence-based insights on medical weight loss strategies, become familiar with the latest peer-reviewed research, expanding your knowledge of the long-term health benefits of combining GLP/GIP medications with a healthy lifestyle.

[View Course](#)



WHY CHOOSE THIS PROGRAM?



Master the Five Pillars of Wellness and unlock a whole new way to elevate both life and career.



Expand your career with an in-demand credential across fitness, healthcare, and corporate wellness sectors.



Practice real-world coaching skills in a safe, guided space where confidence and impact grow.



Earn 1.9 CEUs toward NASM or AFAA credential renewal.

#1
Rated brand in the industry

1.5M+
Professionals trained by NASM

14,000+
Partnerships with gyms and health clubs

INCLUDED IN THIS BUNDLE

NASM Certified Wellness Coach

Expand Your Impact, Elevate Your Career, And Become The Expert Your Clients Can Trust On Their Path To Lifelong Well-Being—Through The Most Trusted Name In Fitness And Wellness.

NASM Certified Nutrition Coach

Elevate Everyone You Coach By Mastering Nutrition—The Building Block Of Performance, Health, And Longevity.

Mindful Drinking

Inspire Mindful Choices Around Alcohol. Align Social Habits With Health Goals—Without Sacrificing Connection Or Enjoyment.

Weight Loss Specialization

Master The Science Behind Weight Loss To Guide Sustainable Change—With The Experts On Achieving Lasting Transformation.

NASM Understanding Weight Loss Medications

With Approximately 1 In 8 American Adults Using GLP-1 Medications For Weight Loss, Trainers Need The Expertise To Safely And Effectively Guide Clients Toward Improved Health And Well-Being.

POTENTIAL CAREER PATHS

Discover the opportunities an NASM credential can unlock.



HOLISTIC FITNESS TRAINER

Pair the science of fitness training with the skills of wellness coaching to impact lasting change in your clients, resulting in better retention and client outcomes. Coach for more than reps—coach for life.



VIRTUAL WELLNESS COACH



CORPORATE WELLNESS CONSULTANT



WELLNESS INFLUENCER

POTENTIAL CAREER PATHS

Discover the opportunities an NASM credential can unlock.



HOLISTIC FITNESS TRAINER



VIRTUAL WELLNESS COACH

Empower clients as a Certified Wellness Coach anywhere through digital platforms. Deliver personalized nutrition and lifestyle guidance. Inspire beyond limits.



**CORPORATE WELLNESS
CONSULTANT**



WELLNESS INFLUENCER

COURSE DETAILS

Certified Wellness Coach (CWC) Course

Certified Nutrition Coach (CNC) Course

Weight Loss Specialization (WLS) Course

Understanding Weight Loss Medications (GLP-1s) Course

Mindful Drinking Course

Course Description



Bodies move. Minds grow. NASM's Certified Wellness Coach program redefines what it means to train. You'll go beyond sets and reps to explore movement, nutrition, recovery, sleep, and mental and emotional well-being. As a Certified Wellness Coach, you coach the whole person—inside and outside of the gym, across every life stage. Connect the dots between physical fitness and the often-overlooked pillars of health to expand your value, deepen your impact, and unlock new ways to help a diverse range of clients thrive.

Prerequisites



Course Sections



Exam Details



COURSE DETAILS

Certified Wellness Coach (CWC) Course

Certified Nutrition Coach (CNC) Course

Weight Loss Specialization (WLS) Course

Understanding Weight Loss Medications (GLP-1s) Course

Mindful Drinking Course

Course Description ^

The NASM Certified Nutrition Coach program equips you with cutting-edge knowledge in nutrition science, coaching strategies, and behavior change. This isn't about diets that fizzle—it's about helping clients rewrite their relationship with food, make confident choices, and build healthy habits that last.

Prerequisites v

Course Sections v

Exam Details v

COURSE DETAILS

Certified Wellness Coach (CWC) Course

Certified Nutrition Coach (CNC) Course

Weight Loss Specialization (WLS) Course

Understanding Weight Loss Medications (GLP-1s) Course

Mindful Drinking Course

Course Description



The NASM Weight Loss Specialization program gives you the tools to coach weight loss with confidence. Explore the science of metabolism and fat loss, the psychological challenges clients face, and the evidence-based strategies proven to make a difference. From nutrition and exercise to habit formation and accountability, this course empowers you to collaborate with clients—not dictate them—so together you achieve lasting results.

Prerequisites



Course Sections



Exam Details



COURSE DETAILS

Certified Wellness Coach (CWC) Course

Certified Nutrition Coach (CNC) Course

Weight Loss Specialization (WLS) Course

Understanding Weight Loss Medications (GLP-1s) Course

Mindful Drinking Course

Course Description



Explore a holistic approach to informed alcohol consumption and its effects on wellness, including movement, nutrition, cognitive function, and sleep. Led by Derek Brown, an NASM Certified Wellness Coach, this evidence-based program examines alcohol's cultural and social roles and its health impacts. Learn strategies for making informed choices and lasting behavior changes related to drinking. This self-paced course also offers innovative methods for crafting sophisticated mocktails and includes 10 downloadable no and low-alcohol cocktail recipes.

Prerequisites



Course Sections



Exam Details



COURSE DETAILS

Certified Wellness Coach (CWC) Course

Certified Nutrition Coach (CNC) Course

Weight Loss Specialization (WLS) Course

Understanding Weight Loss Medications (GLP-1s) Course

Mindful Drinking Course

Course Description



Gain the tools to confidently support clients through medically assisted weight loss by applying evidence-based strategies that promote long-term success.

Prerequisites



Course Sections



Exam Details

