Looking for more in depth knowledge on Physical Activity and Exercise? Below you will find links to credible sources that will provide you information on a variety of health-related topics!

◊ Are you interested in learning more about Sports Nutrition, Training & Performance, Athlete Health & Well-being, or Exercise Physiology? Visit http://www.gssiweb.org/publications/all for more information and articles!

◊ For more information on Exercise Programs, visit: http://www.acefitness.org/acefit/fitness-fact/3/exercise-programs/

◊ Interested in training for a Marathon or Triathlon? Visit: http://www.acefitness.org/acefit/fitness-fact/16/marathon-and-triathlon-training/ for some tips!

◊ More information on different types of Cardiovascular Training: http://www.acefitness.org/acefit/fitness-fact/1/cardiovascular-exercise/


◊ Some Lifestyle and Motivation tips! http://www.acefitness.org/acefit/fitness-fact/7/lifestyle-and-motivation/

Are you interested in taking your knowledge to the next level? Do you enjoy helping others to achieve their fitness goals? Listed below are certifications that will allow you to share your love for fitness with others!

◊ ACE: http://www.acefitness.org/fitness-certifications/default.aspx

◊ ACSM: http://certification.acsm.org/get-certified

◊ NASM: http://www.nasm.org/personal-trainer

◊ NSCA: http://www.nsca.com/certification/

◊ ISSA: http://www.issaonline.edu/certification/issa-online-personal-training-certification-courses.cfm

◊ NETA: http://www.netafit.org/certification/index.htm