

The National Gym Association, Inc. (NGA) was established in 1979 for the purpose of maintaining the highest standards of safety, education, and training. We are proud to present our home study personal trainers certification course which surpasses any other training course on the market. We can say with pride and even greater certainty that we are providing the personal trainer with the tools and skills needed to become the highest caliber professional trainer.

The NGA Certification Course qualifies one-on-one trainers, gym instructors, athletes, and gym owners/managers for certification as professional personal trainers. The course enables you to more confidently pursue positions of responsibility in the fitness industry, and to turn your fitness skills and experience into a fitness training enterprise.

OVERVIEW

The NGA Certification Course provides the student with a review and update of essential training concepts and procedures. The 600 page manual, or CD, includes over 390 illustrations and charts. It is concise, easily assimilated, and addresses core fitness concepts in the areas of:

- **Nutrition**
- **Physiology**
- **Biochemistry**
- **Anatomy**
- **Biomechanics**
- **Ethics / Conduct**

Additional courses available:

- **Master Fitness Trainer (MFT)**
- **Nutrition & Dietary Planning (NDP)**

STUDY SCHEDULE

- A.** The manual or CD will be mailed within 7-14 days. The student is given one week to receive the manual and will have 45 days to study.

- B.** The student will receive the exam booklet by the 46th day.

- C.** The exam will consist of 100 multiple choice questions and must be returned to the NGA office within 14 days.

- D.** If an extension is required to complete the exam, the student must send a written request to the NGA office *prior* to the NGA's test mailing date.

- E.** An administration fee is required for retesting, should the applicant fail to pass the exam. All sales are nonrefundable.

REQUIREMENTS

- A.** The student must complete the study of the NGA manual or CD within 45 days.

- B.** After completing the course, the student must complete the NGA Certification Examination, within 14 days, with a satisfactory score of 75% or better.

- C.** Simultaneous with, or before completion of the NGA Exam, applicant must submit to the NGA office copies of certificates representing the successful completion of a course in First Aid and CPR.

COURSE RENEWAL

To renew your NGA Certification will require that you achieve a 75% passing grade on an annual exam consisting of 25 multiple choice questions. These will be based on the course content that you originally studied. An administrative fee is charged for the renewal examination.

Professional liability insurance is available for NGA Certified Trainers. Upon successful

completion of the above requirements, you will receive a handsome 8" x 11" certificate that's ready to frame and an I.D. carrying card.

**Go for it . . .
GET NGA CERTIFIED!**

Meet Andrew Bostinto

*Founder and President of the
National Gym Association, Inc.*



Nationally recognized as one of this country's top physical fitness professionals, Andrew

Bostinto's experience spans four decades in personal fitness training, lecturing, teaching, writing and is the author of "Become Your Own Personal Mental Fitness Trainer".

As a former title holder of the Masters Pro Mr. America and supervisor of trainers for a chain of health clubs, Andrew has personally trained thousands of men and women of all ages and abilities. His hands-on experience included working with many top film, television, and music celebrities such as; Al Pacino, Patrick Stewart, Cyndi Lauper, Hollywood producer Martin Bregman, and opera star Placido Domingo.

His extensive background in educating the public to the importance of physical fitness, proper nutrition, and health led to his appearing on a number of television shows including; Regis Philbin, Geraldo Rivera, and Eyewitness News.

Andrew Bostinto a leader and outspoken advocate for Drug-Free Athletes of America. The NGA sanctions drug tested bodybuilding contests throughout the United States. Our promoters are representatives of the NGA. The NGA continues to encourage the art of natural bodybuilding while providing education and anti-drug information to bodybuilders, athletes, and the general fitness public.

ENDORSEMENTS

I have known Andy Bostinto for many years. There should be more people in the Physical Fitness profession that are as dedicated. I'm proud to recommend Mr. Bostinto's knowledge and teachings.

Jack LaLanne

Thanks so much for your great letter. It brought back memories of training at your gym. I am honored and delighted to receive this honorary certificate and am already looking for the perfect frame to display it.

Arnold Schwarzenegger

During the preparation for the film "Carlito's Way" I received the attention of Andy Bostinto as a personal trainer and diet consultant. He always handled himself with professionalism and displayed a knowledge and love for his subject.

Al Pacino

Our sessions which lasted for 12 weeks, began to show quite a change in my upper body in a period of only 3-4 weeks. Spending 1-2 hours in the very best possible company with a man, if anyone knows what they're doing with bodybuilding, it's Andy. Whatever I got today, I owe it to Andy.

Patrick Stewart

Businessmen and Mr. Americas alike have benefited from his knowledge and experience.

Regis Philbin

Andy Bostinto is a professional, with a depth of knowledge that is unsurpassed by anyone I have worked with on any other motion picture.

Eric Steven Stahl, Producer/Director

Anyone interested in improving their abilities or career potential in physical fitness could benefit from this certification.

Bill Pearl, OR

Certainly there is no book in the industry for personal trainers so extensive, so complete, or so well thought out.

Larry Scott, UT

I highly recommend the NGA certification course for those who want to maximize their training, health, and lifestyle. It is a must for all serious trainers.

Lou Ferrigno, CA

FACULTY

Mark Yoslow, PhD, BA, MA, CPT

Writer, NGA Certification Manual

A science writer who has several editorial credits, is the author of *Drugs in the Body: Effects of Abuse*, and is coauthor of several articles in bodybuilding and fitness magazines. He is an experience marathon runner, cyclist, and bodybuilder.

Aaron Krac, PhD, MS, HSD

Writer, NGA Certification Examination

Professor of Health Education, Queensboro Community College, CUNY. Focused on exercise physiology in graduate school, received his MS in Physical Ed. from PA State University, and earned his doctoral degree in health education at Indiana University. He has taught health education at the college level for over 20 years.

Richard Yaldizian, MD

NGA Medical Director

Dr. Yaldizian is an internist specializing in physical rehabilitation medicine. He is Director of Medi-Yale Physical Rehabilitation, Sports Medicine/Disease Prevention.

Paul Branda, MD

NGA Associate Medical Director

An internist who spent many years working in physical medicine and rehabilitation both in Europe as well as in the United States.

Caryn Nistico, MS, RD

NGA Nutrition Director

She earned her masters in medical biology and nutrition and is currently a nutritionist in to physicians, hospitals, nursing homes, and home care agencies.

Berl A. Michel, MS, DC

NGA Sports Injury Director

A chiropractor specializing in the care and prevention of sports injuries, holds an MS in Exercise Physiology; former faculty member, Sports Science and Performance Research, and Strength and Conditioning Specialist for the University of Florida.

Dennis Lee, BA, MS, FSC

NGA Copy Editor

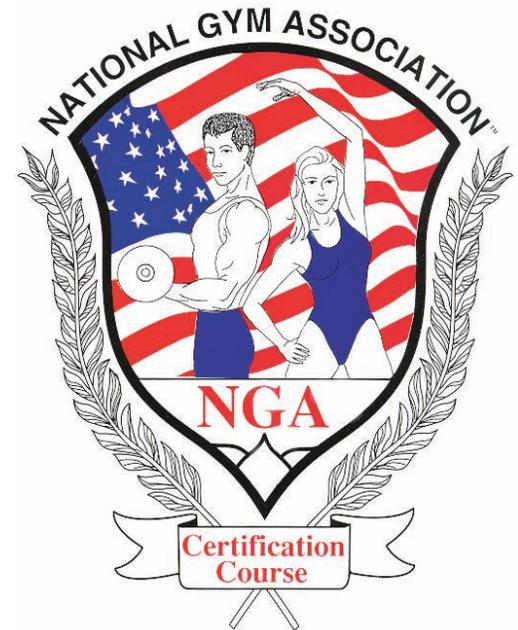
A writer in the field of strength training, natural bodybuilding, and fitness. He is an English teacher with an educational background from Fordham and St. John University.

NATIONAL GYM ASSOCIATION
NGA

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Become a Professional Trainer
Get Certified

*Personal Trainers
Gym Instructors
Aerobic Instructors
Boxing Instructors
Self-Defense Instructors
Sport Coaches
Athletes*



Established 1979

NGA Certified Trainers
*Responsible
Knowledgeable
Experienced
Professionals*