



The American Senior Fitness Association (SFA), in partnership with the Online Certificate in Senior Personal Training for Older Adults, is pleased to offer special benefits to students who complete this comprehensive online program.

SFA, the pioneer in senior-specific fitness education, was founded in 1992 to promote excellence in older adult fitness by providing widely accessible educational programs, fitness resources and internationally recognized professional certifications. In 1998, SFA President, Janie Clark co-authored the original "National Standards for Preparing Senior Fitness Instructors" published in the *Journal of Aging and Physical Activity* and SFA supported the document's evolution into the "*International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults*" endorsed by the World Health Organization." Today SFA continues the lead the way as the only internationally recognized certification organization exclusively for fitness professionals that serve older adult clients.

SFA will provide the following benefits:

- SFA will provide certificate program graduates with preferred pricing reflecting a 20% discount on fees required to sit for the American Senior Fitness Association's Senior Personal Trainer certification examination and/or our Senior Fitness Instructor certification exam. In addition, the preferred discount also applies to the SFA study manuals and materials for each student that chooses to register for the complete SFA Senior Personal Training or Senior Fitness Instructor certification program.
- SFA will accept continuing education credits (CECs) for all academic courses in the online certificate program. This benefit will help make it easy to maintain your SFA professional certification once earned.
- Plus online certificate students are already invited to access one particularly useful SFA benefit: our free twice-monthly e-newsletter EXPERIENCE! This complimentary SFA service keeps readers up-to-date on senior fitness research, older adult wellness news, fun health facts, and more. It's easy to sign up – just visit our website.

We look forward to providing graduates of the Online Certificate in Senior Personal Training for Older Adults the opportunity to complete our respected fitness certifications as well as career and professional support. For more information on SFA and its full array of senior specific educational programs, call (888) 689-6791 or log onto the SFA Web site at www.SeniorFitness.org.

Sincerely,

Janie Clark
President
American Senior Fitness Association
Ph: 888.689.6791 / 386.957.1947
Fax: 386.427.0613
Email: asfa@seniorfitness.net
Web: www.SeniorFitness.org