

### **Ace Personal Training Manual**

ACE Personal Trainer Manual The Ultimate Resource for Fitness Professionals Fourth Edition  
American Council on Exercise® Editors Cedric X. Bryant, Ph.D., FACSM

### **ACE Personal Trainer Manual**

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The psychological drive that gives behavior direction and purpose. Motivation to start an exercise program can come from any source (i.e. concern over health, upcoming event, desire to lose weight, peer pressure, etc.) but the person must be somewhat ready to make the change.

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ACE Personal Trainer. Manual, 4th edition Chapter 1: Role and Scope of Practice for the Personal Trainer 1 Introduction The human body responds to the stress of physical movement with improved fitness and health. 2008 Physical Activity Guidelines for Americans (U.S. Department of Health & Human Services) Regular physical activity reduces the ...

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