



The **i-Fitness Academy** is the leading fitness training academy for personal trainers and fitness instructors.

The Academy is the leading institution dedicated to empowering individuals to pursue rewarding careers in the health and wellness industry.

With a science-based approach to fitness training and a team of experienced professionals as our faculty, we provide a comprehensive curriculum in partnership with the National Academy of Sports Medicine (NASM) USA.



IN PARTNERSHIP WITH The National Academy of Sports Medicine (NASM)

The National Academy of Sports Medicine (NASM) USA is the most respected fitness institution in the world with globally recognised certifications for fitness professionals.

Based in the United States, the NASM has a mission to provide the knowledge and tools for world-class fitness professionals to transform their lives. Personal trainers, coaches and fitness enthusiasts benefit immensely from these life-transforming certifications.

The NASM has over 30 years of experience in providing the best credentials in the industry with an impeccable reputation for science-based strategies

and learning innovations. They bring this knowledge to the i-Fitness Academy, giving credence to the fitness courses in the i-Fitness Academy curriculum and globally recognised certification to participants.

Certification from the NASM is the ultimate for fitness professionals as this gives them a leading edge in the fitness industry, ranking them as the best in the world. The partnership with i-Fitness Academy makes the certification more available to Nigerians and West Africans.

i-Fitness Academy offers certified fitness training programmes for Personal Trainers, fitness instructors and for fitness and wellness enthusiasts.



Benefits of the i-Fitness and NASM partnership

The partnership between i-Fitness and NASM has immense benefits one of which is the development of human capital capacity in fitness services across West Africa through professional training. This is important for personal growth and improvement in the fitness industry. It also creates a progressive career path for fitness professionals, enabling the advancement of their careers in the chosen area of their profession.

Furthermore, individuals whom they train are assured that their trainers are indeed fitness professionals with the requisite certifications that are internationally recognised and accepted qualifications. These are big gains for the trainer and the trainee.

Enrol at i-Fitness Academy here: www.iffitnessacademy.org