

ABOUT FITNESS MATTERS



OUR STORY

Fitness Matters is a leading international fitness institute registered with Ministry of Corporate Affairs, Government of India (CIN - U85100CH2011PTC033318) having its head office in Chandigarh, India. It was established in the year of 2011. We are a team of highly proficient coaches with more than a decade of experience. We are empowering personal trainers, group fitness instructors and nutrition professional to spread the knowledge and fitness trends.

Our certified professionals are leading as fitness experts for the wellbeing of the society. Being updated with global fitness trends, we impart knowledge based on latest research and facts to strengthen our students. Till now the institute has provided thousands of certifications to fitness professionals and enthusiasts in different skill sets. Many of these students have successfully completed renowned international certifications like ACE Personal Trainer Certification, ACE Nutrition, Boot Camp and Rehab Express. Our students are working both in International and National level platforms. Today we are a big fitness family. Be the part of our family.

OUR ACCREDITATION AND AFFILIATIONS



WATERWORLD
...be more than sport



Quality Matters At Fitness Matters!

ABOUT THE COURSE

Fitness Matters Nutrition for Health Fitness and Performance course is a comprehensive nutrition program. This course equips you in handling clients who have weight loss/gain, hormone imbalance, special conditions and sports performance goals. The program goes way beyond basics in teaching the concepts of hormones, supplements, and ergonomics aids to give our learners a competitive edge.



- 5 is to 1 Student-Teacher Ratio
- Individual Attention
- Comprehensive Curriculum
- Nutrition for Medical Conditions
- Offline Interactive Classes
- Bilingual Mode of Teaching
- Weekly Review
- Weekly Test
- Case Studies
- Bilingual Exams



Nutrition for Health Fitness and Performance (NHFP) Offline

An SPEFL-SC Approved Course

WHY GET CERTIFIED?

Fitness fraternity is as dynamic as it comes. Keep up with the latest trends of the fitness industry and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer.

Fitness Matters has successfully shouldered this responsibility for the last 9 years and will continue to do so with our strong students. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



ABOUT THE COURSE

- Anatomy, Digestion & Absorption
- Types & Ratio of Carbohydrates, Fat & Proteins for Fuel & Recovery
- Hydration for Optimum Health
- Vitamins & Minerals and How to Combat with Their Deficiencies
- Energy Systems, Body Types and Their Relation with Diet & Nutrition Planning
- Alcohol, Eating Disorders and How They Alter Eating Behavior
- Hormones & How to Balance Them with Diet & Nutrition Planning
- Metabolism & Energy Balance
- Nutritional Assessments & Dietary Guidelines for Healthy People & People With Special Conditions like BP, Hypothyroid etc.
- Nutrition and Supplementation Planning for Weight Loss,/Gain, Armature & Pro Athletes.
- Trending Dietary Approaches like Ketogenic (Keto), Intermittent Fasting & More.
- Androgenic Anabolic Steroids (AAS) & Non AAS Growth Factors

WHAT YOU GET

1. Printed Study Material
2. NHFP Certificate
3. NHFP Certificate Card
4. Certification Confirmation Letter
5. SPEFL NHFP Certificate



WEEKDAYS SCHEDULE



Course Duration: 45 Days

Session Duration: 3 Hours

Teaching Days: Tuesday to Friday

WEEKEND SCHEDULE

Course Duration: 3 Months

Session Duration: 3 Hours

Teaching Days: Saturday & Sunday

ASSESSMENTS



Exam Language: English & Hindi

Exam Format: Online - Computer Based

Exam 1
Multiple Choice Questions (MCQ)

Exam 2
2 Case Studies Exam (MCQ Based)



CONTACT US

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COURSE FEE ₹

Total Fee: 45,000
Payable in 3 to 4 EMIs

Full Payment Price: 40,000

TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



Total Seats: 5

Full Payment Seats: 2

CONTACT US FOR THE REGISTRATION IN NEW BATCHES



FITNESS DOES MATTER !

