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**Online Certificate in Women's Exercise Training and Wellness**

*This innovative and comprehensive Web-based Certificate program is designed to ensure the development of safe and effective exercise programs for women by personal trainers, allied health/medical and fitness professionals, and the general public.*

WEST LAFAYETTE, IN, October 04, 2008 **/24-7PressRelease/** -- This innovative and comprehensive Web-based Certificate program is designed to ensure the development of safe and effective exercise programs for women by personal trainers, allied health/medical and fitness professionals, and the general public. The program is designed to prepare graduating students for a career working with women of all ages at medically-based fitness facilities, community wellness programs, YMCA/JCCs, personal training studios, physical therapy clinics, health promotion sites, and private and commercial health clubs.

"Today, more women desire to receive education about their own health and bodies or want to work with a personal trainer or health professional who has specialized education or experience in womens health and fitness issues such as perinatal exercise training, says Jasmine Jafferli, MPH, ACE-CPT, the Program Coordinator for the Certificate. Students that complete the Certificate program will learn how to apply their clients current health and fitness level to create an exercise program based on the clients abilities, medical status, and goals. In addition, female health and exercise enthusiasts of all ages seeking to stay current with information to design personalized exercise programs specific to womens needs and concerns would benefit from this program as well, said Jafferli.

The Certificate Program is designed to supply essential educational pathways and career opportunities to those seeking to work with female clients/patients in the emerging health/medical/fitness industry, for established health/fitness professionals who desire advanced education, and for allied health and medical professionals from all fields seeking to broaden their careers to become full or part-time personal trainers/fitness instructors specializing in womens health and fitness.

The Professional Certificate in Womens Exercise Training and Wellness certificate will include courses in Female Anatomy and Physiology, Designing Womens Exercise Programs, Womens Health and Wellness for Special Populations, and Medically-Based Fitness Management and Administration. The two-module series of courses is offered three times per year in the Spring, Summer and Fall.

The demand for qualified personal trainers and health/medical professionals that specialize in designing womens health, exercise, and wellness programs is growing in demand and the education is needed on a national level, said Jafferli.

We are proud to announce that the Women s Exercise Training Certificate program is offered in partnership with Healthy Moms Fitness and the Women s Health Foundation, allowing graduating certificate students a preferred discount on both the Healthy Moms Perinatal Fitness Instructor and Womens Health Foundation Total Control Certification Exams and study materials.

The second module of classes begins October 27th. To register or learn more about the Online Certificate in Women's Exercise Training and Wellness, visit the following website: [www.efslibrary.net](http://www.efslibrary.net)

**About Educational Fitness Solutions**

Educational Fitness Solutions, in partnership with the College-University Partners Network, industry experts, internship affiliates, our board of advisors, and national organizations, has created innovative, Web-based certificate programs in Nutrition, Fitness, and Health. These online programs provide an interactive educational experience that allows students from around the world to fit courses into their busy work and home schedules and go on-line wherever they are to complete coursework.