

National Academy of Sports Medicine

has conferred upon

Stephanie Safford

the NCCA accredited certification of

Certified Personal Trainer

for honorably fulfilling all of the requirements prescribed by the National Academy of Sports Medicine and NCCA accredited certification examination. This certificate is granted with all the honors, rights, privileges, and responsibilities pertaining thereto.

1251548242

Certificate Number

07/31/2027

Expiration Date



A handwritten signature in blue ink, appearing to read "Michael", is positioned above a horizontal line.

CEO - Fitness & Wellness Solutions

ACCREDITED
CERTIFICATION PROGRAM



NCCA BY ICE



CERTIFICATE OF ACHIEVEMENT

Stephanie Safford

HAS SUCCESSFULLY COMPLETED THE EDUCATIONAL
REQUIREMENTS FOR THE COURSE:

CORE PERFORMANCE SPECIALIST

May 4, 2023
Date of Completion

A handwritten signature in black ink, which appears to read 'Tyler Valencia', is positioned above a horizontal line.

Tyler S. Valencia, MS
President

ACE SPECIALIST

American Council on Exercise

This certificate attests that

Stephanie Safford

has met all the requirements to be recognized as an ACE Specialist and completed the

Sports Conditioning Specialist Program

2.5 CECs

ACE CECs

5/30/2015

DATE

American Council
on Exercise



CHIEF SCIENCE OFFICER



25.0 CECs



25.0 Contact Hours



1.9 CEUs



7.0 CEUs



1.5 CECs

Certificate of Completion

This certificate signifies

Stephanie Safford

has successfully completed the ACE Approved Continuing Education Course:

Sports Conditioning Specialist Program

2.5 CECs

ACE CECs

5/30/2015

DATE



A handwritten signature in black ink, appearing to read "G. Safford".

CHIEF SCIENCE OFFICER

For the organizations listed below, this certificate serves as official notice of completion for the aforementioned ACE Approved Continuing Education course. If your certifying organization is listed on this page, present this certificate should they require proof of completion. If your certifying organization is not listed on this page, the previous page serves as your official certificate of completion.

NASM - NATIONAL ACADEMY OF SPORTS MEDICINE

The American Council on Exercise is recognized by the National Academy of Sports Medicine as an Approved Continuing Education Provider. Provider Number: 735

NCSF - NATIONAL COUNCIL ON STRENGTH & FITNESS

This course is recognized by the National Council on Strength and Fitness to offer continuing education for all NCSF Certified Personal Trainers.

ACE SPECIALIST

American Council on Exercise

This certificate attests that

Stephanie Safford

has met all the requirements to be recognized as an ACE Specialist and completed the

Youth Fitness Specialist Program

2.5 CECs

ACE CECs

3/22/2019

DATE



A handwritten signature in black ink, likely belonging to the Chief Science Officer.

CHIEF SCIENCE OFFICER



25.0 CEUs in General Category



25.0 CECs



15.0 CEUs



25.0 CECs



25.0 Contact Hours



1.9 CEUs



25.0 CEs

National Certification Board
for Diabetes Educators

25.0 Hours



7.0 CEUs



25.0 CECs

Certificate of Completion

This certificate signifies

Stephanie Safford

has successfully completed the ACE Approved Continuing Education Course:

Youth Fitness Specialist Program

2.5 CECs

ACE CECs

3/22/2019

DATE



A handwritten signature in black ink, appearing to read "G. Safford".

CHIEF SCIENCE OFFICER

For the organizations listed below, this certificate serves as official notice of completion for the aforementioned ACE Approved Continuing Education course. If your certifying organization is listed on this page, present this certificate should they require proof of completion. If your certifying organization is not listed on this page, the previous page serves as your official certificate of completion.

AAMA - AMERICAN ASSOCIATION OF MEDICAL ASSISTANTS

This program has been granted prior approval by the American Association of Medical Assistants (AAMA) for 25.0 CEUs in General Category. Granting approval in no way constitutes endorsement by the AAMA of the program content or the program's sponsor.

CBRN - CALIFORNIA BOARD OF REGISTERED NURSING

This certificate must be retained by the licensee for a period of four years after the course ends.

RN's license number: _____

Provider Number: 16510

NASM - NATIONAL ACADEMY OF SPORTS MEDICINE

The American Council on Exercise is recognized by the National Academy of Sports Medicine as an Approved Continuing Education Provider. Provider Number: 735

NCBDE - NATIONAL CERTIFICATION BOARD FOR DIABETES EDUCATORS

The American Council on Exercise is accredited or approved as a provider of continuing education by the American College of Sports Medicine (ACSM). To satisfy the requirement for renewal of certification by continuing education for the National Certification Board for Diabetes Educators (NCBDE), continuing education activities must be applicable to diabetes and approved by a provider on the NCBDE List of Recognized Providers (www.NCBDE.org). NCBDE does not approve continuing education activities.

NCSF - NATIONAL COUNCIL ON STRENGTH & FITNESS

This course is recognized by the National Council on Strength and Fitness to offer continuing education for all NCSF Certified Personal Trainers.

NETA - NATIONAL EXERCISE TRAINERS ASSOCIATION

This course has been approved by National Exercise Trainers Association (NETA) for 25.0 CECs.

Provider Number: 719299

Certificate of Continuing Medical Education

The Postgraduate Institute for Medicine certifies that

Stephanie Safford

has participated in the educational activity titled

CPR/AED: Adult, Child & Infant + First Aid (BLS)

an **Internet based activity** on 06/13/2024

This educational activity for **6.0** contact hours is provided by the Postgraduate Institute for Medicine



In support of improving patient care, Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (**ACCME**), the Accreditation Council for Pharmacy Education (**ACPE**), and the American Nurses Credentialing Center (**ANCC**), to provide continuing education for the healthcare team.

Provider approved by the California Board of Registered Nursing, Provider Number 13485, for contact hours.



Postgraduate Institute
for Medicine
Professional Excellence in Medical Education

Postgraduate Institute for Medicine
304 Invernewas Way South, Suite 100, Englewood,
CO 80112 (303) 799-1930 | (303) 858-8848 Fax

Whitney Faler, MPA
Director of Medical Education
Postgraduate Institute for Medicine

The licensee must retain this certificate for a period of 4 years after participating in the course.

National Academy of Sports Medicine

has conferred upon

Stephanie Safford

the certificate of

Group Personal Training Specialist

with all the honors, rights, privileges, and responsibilities pertaining thereto.

1170097551

Certificate Number

07/18/2017

Completion Date



CEO - Fitness & Wellness Solutions

National Academy of Sports Medicine

has conferred upon

Stephanie Safford

the certificate of completion for

Performance Enhancement Specialist

with all the honors, rights, privileges and responsibilities pertaining thereto.

1241280046

Certificate Number

05/23/2024

Completion Date

CEUs: NASM 1.9, AFAA 19.0, ACE
2.0-CEP25386, BOC 25.0



CEO - Fitness & Wellness Solutions

The National Academy of Sports Medicine (BOC AP#: P2697) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 21 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.