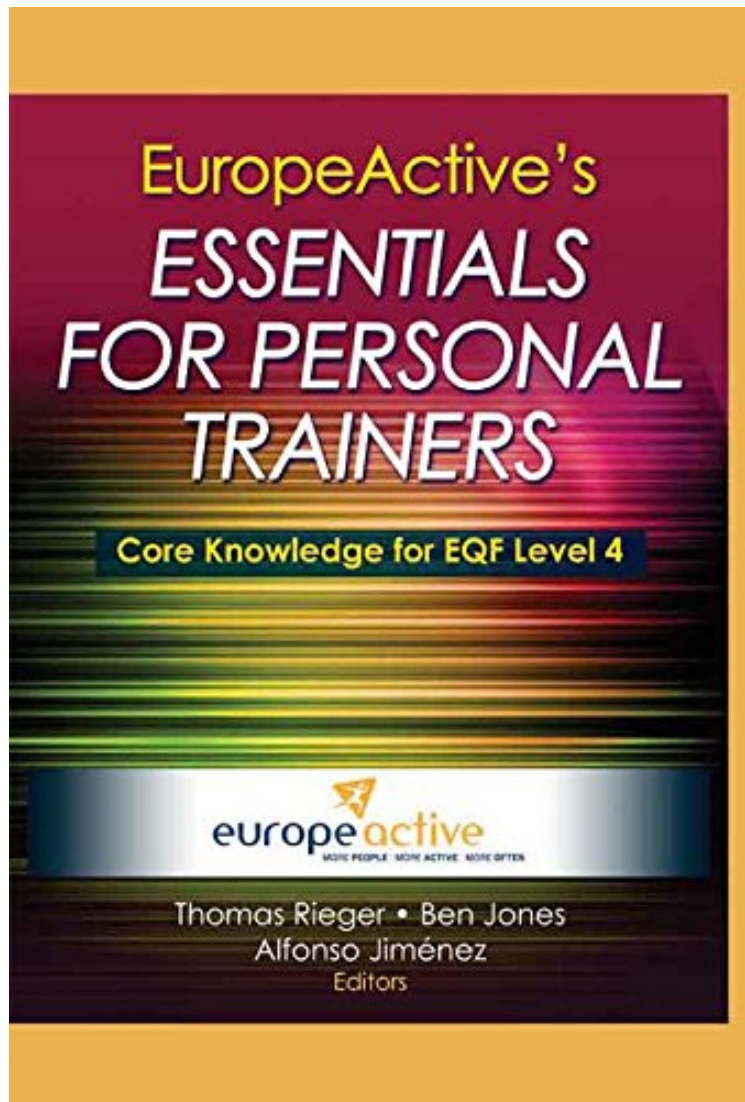


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From Human Kinetics : EuropeActive's Essentials for Personal Trainers before purchasing it in order to gauge whether or not it would be worth my time, and all praised EuropeActive's Essentials for Personal Trainers:

EuropeActive's Essentials for Personal Trainers provides personal trainers with the most thorough information and best practices to help their clients achieve their health and fitness goals. Endorsed by EuropeActive, the fitness and health industry's standard-setting authority in Europe, this manual is essential for all aspiring and qualified personal trainers and aims towards EuropeActive's objective: "More people, more active, more often."

About the Author The European Register of Exercise Professionals (EREPS) uses the EuropeActive standards to ensure that exercise professionals are qualified to offer safe and effective fitness programmes to their clients across Europe. EREPS provides consumers, employers and partners in medical professions with the confidence that registered trainers are both competent and able to work to support its Code of Ethical Practice, which defines the rights and principles of exercise professionals. Referencing the EuropeActive standards and being registered mean that trainers have met the minimum standards of good practice and that they are committed to enhancing their skills and professional status through a process of lifelong learning. EREPS is regulated by the EuropeActive Professional Standards Committee using the official European Qualifications Framework (EQF), which describes the knowledge, skills and competencies exercise professionals need for registration.

About the Editors Thomas Rieger, DrRerSoc, has been the chairman of the standards council of EuropeActive since 2012. He holds a doctoral degree in social sciences with a specialization in sport science (German PhD equivalent) from the University of Tuuml;bingen and a masterrsquo;s degree in public health. In 2007, he was appointed as a professor of sport management at the Business and Information Technology School (BiTS) in Iserlohn, Germany. At BiTS, he is the vice dean of the bachelorrquo;s programme of sport and event management and the master's programme of international sport and event management. Previously, Dr. Rieger served as visiting professor at the Real Madrid Graduate School and the European University Cyprus in Nicosia. Before entering academia in 2006, he gained more than six years of experience in the fitness industry, especially in the fields of fitness marketing and quality management.

Ben Jones, BSc (Hons), is a founder and director of BlueSkies Fitness Ltd., a company that provides workplace wellness solutions to small- and medium-sized employers, offers learning and development consultancy, and manages the process of provider accreditation for EuropeActive. Mr. Jones has extensive experience in developing standards, qualifications, assessments and learning resources in the UK, Europe and UAE and has written for EuropeActive, Active IQ, VTCT, Lifetime Awarding and other organization. He is a master trainer for MEND, Momenta and TechnoGym and was one of the first PTA global faculty in the UK. Previously, he held the role of teaching and curriculum manager at Lifetime Training. Before entering the fitness sector in 1999 and going on to build a successful personal training practice and hold multiple fitness management roles, Mr. Jones studied physiology at Leeds University.

Alfonso Jimeacute;nez, PhD, CSCS, NSCA-CPT, FLF,nbsp;is a professor of exercise science and health and the executive director of the Centre for Applied Biological and Exercise Sciences at Coventry University (UK) and a member of the scientific advisory board of UKActive Research Institute. Previous roles include professor and dean of the faculty of health, exercise and sports science at European University of Madrid (Spain) and main academic leader of the Real Madrid Graduate School; professor, deputy dean and head of school of sport and exercise science at Victoria University in Melbourne (Australia); professor and head of the centre for sport science and human performance at the University of Greenwich in London (UK); and chairman of the standards council at EuropeActive. He was awardednbsp;honorary membership of EuropeActive in recognition of his outstanding service. He is currently a visiting professor and international research associate at ISEAL at Victoria University, visiting professor at the University of Greenwich and chair of the research and dissemination commission at the Healthy Active Living Foundation in Spain. Before entering academia, Dr. Jimeacute;nez focused on management, research and sales in the fitness industry.