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Interested in becoming a Certified Health Coach? Check out our ACE Health Coach Certification. References. American Council on Exercise. (2013). ACE Health Coach Manual. San Diego, CA: ACE. Butterworth, S. et al. (2006). Effect of motivational interviewing-based health coaching on employees' physical and mental health status.

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I earned my ACE Health Coach certification last year... I bought the standard book and completed the manual-plus bought few practice tests (I would recommend a practice test or two). The test is challenging, and I remember the questions being mainly real life application problems-very little regurgitation of information.

ACE Health Coach Exam Tips - IDEA Health & Fitness Association

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