

ACE SPECIALIST

# American Council on Exercise

This certificate attests that

**Karen Hellekson**

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

Senior Fitness Specialist Program

2.5 CECs

ACE CECs

8/30/2025

DATE

American Council  
on Exercise



CHIEF SCIENCE OFFICER



1.5 CEUs



1.9 CEUs



7.0 CEUs



19.0 CECs



25.0 CEUs

# Certificate of Completion

This certificate signifies

**Karen Hellekson**

has successfully completed the ACE Approved Continuing Education Course:

**Senior Fitness Specialist Program**

2.5 CECs

ACE CECs

8/30/2025

DATE



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

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.

**NETA - NATIONAL EXERCISE TRAINERS ASSOCIATION**

This course has been approved by National Exercise Trainers Association (NETA) for 19.0 CECs.  
Provider Number: 719299