

American Council
on Exercise



American Council on Exercise

This certificate attests that

KAREN HELLEKSON

has met all the requirements of the American Council on Exercise to develop and implement personalized exercise programs that improve fitness and overall well-being for individuals who are apparently healthy or have medical clearance to exercise.

CERTIFIED PERSONAL TRAINER

GETTING PEOPLE MOVING SINCE 2023

Cedric X. Bryant, Ph.D.
President & Chief Science Officer
American Council on Exercise



August 31, 2027

VALID THROUGH

