

LOS RIOS COMMUNITY COLLEGE DISTRICT

PURCHASING: (916) 568-3071 ACCOUNTING: (916) 568-3065

FAX: (916) 568-3145

**PURCHASE ORDER NO
CANCELED PO**

0001070510

*PLEASE SEE REVERSE SIDE FOR SPECIAL INSTRUCTIONS, TERMS
AND CONDITIONS.*

Date	Revision	Page
03/01/2013	1 - 02/06/2014	1
Payment Terms	Freight Terms	Ship Via
NET 30	Shipping Point	Best Metho
Reference:		
752783 CLARK POONV		

Vendor: 0000024305

US BANK
P. O. BOX 6343
FARGO ND 58125-6343

Phone: (800) 344-5696

email:

Ship To: FOLSOM LAKE COLLEGE
RECEIVING
10 COLLEGE PARKWAY
FOLSOM CA 95630
United States

Bill To: 1919 Spanos Court
Sacramento CA 95825-3981
United States

DO NOT SEND TO VENDOR

DO NOT SEND TO VENDOR

Tax Exempt? N

Line-Sch	Item/Description	Quantity	UOM	PO Price	Extended Amt	Due Date
1- 1	101 TIPS FOR EFFECTIVE SOCIAL MEDIA MARKETING IN HEALTH/FITNESS CLUBS	1.00	EA	19.95	0.00	CANCEL
2- 1	ACSM'S CAREER AND BUSINESS GUIDE FOR THE FITNESS PROFESSIONAL	1.00	EA	38.95	0.00	CANCEL
3- 1	THE DOLLARS AND SENSE OF SELLING EXERCISE: PROMOTING PERSONAL TRAINING WITH INTEGRITY	1.00	EA	19.95	0.00	CANCEL
4- 1	101 WAYS TO IMPROVE YOUR PERSONAL TRAINING BUSINESS	1.00	EA	19.95	0.00	CANCEL
5- 1	ACTING LIKE AN ANIMAL: PLAYFUL STRENGTHENING AND STRETCHING ACTIVITIES FOR KID PEOPLE	1.00	EA	19.95	0.00	CANCEL
6- 1	INSIGHTS ON EXERCISE: A GUIDE TO IMPROVING YOUR HEALTH THROUGH FITNESS	1.00	EA	21.95	0.00	CANCEL
7- 1	FUNCTIONAL EXERCISE PROGRESSIONS	1.00	EA	29.95	0.00	CANCEL
8- 1	INSIGHTS ON NUTRITION & WEIGHT LOSS: A GUIDE TO LOSING WEIGHT AND KEEPING IT OFF	1.00	EA	21.95	0.00	CANCEL
9- 1	AGING FITFULLY: PRESERVING FUNCTIONAL FITNESS REGARDLESS OF AGE OR LIMITATION	1.00	EA	19.95	0.00	CANCEL
10- 1	SHIPPING AND HANDLING	1.00	EA	19.49	0.00	CANCEL

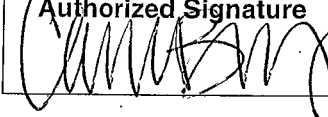
ONLINE ORDER BY CREDIT CARD PREPAY

ORDER CONFIRMATION FOR ORDER # 4735 DATED 3/1/13

AMERICAN COLLEGE OF SPORTS MEDICINE
401 WEST MICHIGAN STREET,
INDIANAPOLIS, IN 46202-3233

DO NOT SEND PURCHASE ORDER TO VENDOR

All shipments, invoices, and correspondence must be identified with our Purchase Order Number. Overshipments will not be accepted unless authorized by Buyer prior to shipment.

Authorized Signature
 2/10/14

Notice to vendor: You are responsible for delivering goods and delivery documents to the Receiving Department at the site. Failure to do so will delay payment processing. Vendor is responsible for obtaining verification of delivery by authorized Receiving Room personnel. Receipt of goods by other parties and failure to obtain authorized signatures may also delay payment. NOTE: PAYMENT TERMS NET 30 MATERIAL SAFETY DATA SHEETS (MSDS) must be provided with the delivery of product as required by law.

LOS RIOS COMMUNITY COLLEGE DISTRICT

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AND CONDITIONS.*

Date	Revision	Page
03/01/2013	1 - 02/06/2014	2
Payment Terms	Freight Terms	Ship Via
NET 30	Shipping Point	Best Metho
Reference:		
752783 CLARK POONV		

Vendor: 0000024305
US BANK
P. O. BOX 6343
FARGO ND 58125-6343

Phone: (800) 344-5696

email:

Ship To: FOLSOM LAKE COLLEGE
RECEIVING
10 COLLEGE PARKWAY
FOLSOM CA 95630
United States

Bill To: 1919 Spanos Court
Sacramento CA 95825-3981
United States

Tax Exempt? N

Line-Sch	Item/Description	Quantity	UOM	PO Price	Extended Amt	Due Date
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2/6/14 CANCEL PO PER J HARMAN, VP

Sub Total Amount	0.00
Sales Tax Amount	0.00
Total PO Amount	0.00

<u>BU</u>	<u>Acct</u>	<u>Fd</u>	<u>Org</u>	<u>Prog</u>	<u>Sub</u>	<u>Proj</u>	<u>Amount</u>	<u>BYear</u>
							0.00	2014

Verification of this purchase order can be made using the Los Rios Community College District web site listed below. If you have any questions, please contact the Purchasing Office at (916)568-3071.

<http://www.losrios.edu/purchasing/povalidation>

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Authorized Signature

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Change Order Request

PO # 0001070510

Request Date: 12/4/13

College/Dept: FLC

Vendor Name US BANK FOR ACSM
(one PO per request)

Vendor #0000024305

- Cancel Purchase Order (a purchase order can only be cancelled if there is no receiver or voucher against it)
- Close remaining balance on PO.
- DO NOT SEND CHANGE ORDER TO VENDOR

New PO Total = \$0.00

Comments to be added: PO NOT FULFILLED BY VENDOR_ CANCELLATION REQUESTED
BY D.O PURCHASING

OTHER:

Completed should be forwarded via e-mail by an **authorized signer** to the **DO – Purchasing** mailbox.

LOS RIOS COMMUNITY COLLEGE DISTRICT

PURCHASING: (916) 568-3071 ACCOUNTING: (916) 568-3065

FAX: (916) 568-3145

SBTC / LIPK
PURCHASE ORDER NO

0001070510

PLEASE SEE REVERSE SIDE FOR SPECIAL INSTRUCTIONS, TERMS AND CONDITIONS.

ACSM

Vendor: 0000024305
US BANK
P. O. BOX 6343
FARGO ND 58125-6343

Phone: (800) 344-5696

email:

DO NOT SEND TO VENDOR

RUSH

Date	Revision	Page
03/01/2013		1
Payment Terms	Freight Terms	Ship Via
NET 30	Shipping Point	Best Metho
Reference:	Location / Dept	
752783 CLARK POONV	04ASPH23	

Ship To: FOLSOM LAKE COLLEGE
RECEIVING
10 COLLEGE PARKWAY
FOLSOM CA 95630
United States

Bill To: 1919 Spanos Court
Sacramento CA 95825-3981
United States

Tax Exempt? N

Line-Sch	Item/Description	Quantity	UOM	PO Price	Extended Amt	Due Date
1- 1	101 TIPS FOR EFFECTIVE SOCIAL MEDIA MARKETING IN HEALTH/FITNESS CLUBS	1.00	EA	19.95	19.95	03/07/2013
2- 1	ACSM'S CAREER AND BUSINESS GUIDE FOR THE FITNESS PROFESSIONAL	1.00	EA	38.95	38.95	03/07/2013
3- 1	THE DOLLARS AND SENSE OF SELLING EXERCISE: PROMOTING PERSONAL TRAINING WITH INTEGRITY	1.00	EA	19.95	19.95	03/07/2013
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6- 1	INSIGHTS ON EXERCISE: A GUIDE TO IMPROVING YOUR HEALTH THROUGH FITNESS	1.00	EA	21.95	21.95	03/07/2013
7- 1	FUNCTIONAL EXERCISE PROGRESSIONS	1.00	EA	29.95	29.95	03/07/2013
8- 1	INSIGHTS ON NUTRITION & WEIGHT LOSS: A GUIDE TO LOSING WEIGHT AND KEEPING IT OFF	1.00	EA	21.95	21.95	03/07/2013
9- 1	AGING FITFULLY: PRESERVING FUNCTIONAL FITNESS REGARDLESS OF AGE OR LIMITATION	1.00	EA	19.95	19.95	03/07/2013
10- 1	SHIPPING AND HANDLING	1.00	EA	19.49	19.49	03/07/2013

ONLINE ORDER BY CREDIT CARD PREPAY

ORDER CONFIRMATION FOR ORDER # 4735 DATED 3/1/13

AMERICAN COLLEGE OF SPORTS MEDICINE
401 WEST MICHIGAN STREET,
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DO NOT SEND TO VENDOR

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Authorized Signature

[Signature] 03/01/13

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PURCHASE ORDER NO

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Date 03/01/2013	Revision	Page 2
Payment Terms NET 30	Freight Terms Shipping Point	Ship Via Best Metho
Reference: 752783 CLARK POONV		Location / Dept 04ASPH23

Vendor: 0000024305
 US BANK
 P. O. BOX 6343
 FARGO ND 58125-6343

Phone: (800) 344-5696

email:

Ship To: FOLSOM LAKE COLLEGE
 RECEIVING
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Bill To: 1919 Spanos Court
 Sacramento CA 95825-3981
 United States

Tax Exempt? N

Line-Sch	Item/Description	Quantity	UOM	PO Price	Extended Amt	Due Date
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Sub Total Amount	232.64
Sales Tax Amount	18.60
Total PO Amount	250.64

BU	Acct	Fd	Org	Prog	Sub	Proj	Amount	BYear
GENFD	6300	12	ED.VI.SB70	49990	00000	454X	250.64	2013

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LOS RIOS COMMUNITY COLLEGE DISTRICT

American River College • Cosumnes River College • Folsom Lake College • Sacramento City College

PURCHASE ORDER TERMS AND CONDITIONS

1. **APPLICABLE LAW:** The contract resulting from this order shall be governed by the laws of the State of California
2. **COMPLETION OF ORDERS:** LRCCD reserves the right to withhold payment until order is completed.
3. **DISCOUNTS:** Please show cash payment discount offered on your invoice in connection with any discount offered, time will be computed from date of delivery of the supplies or equipment, or from date correct invoices are received in the office specified by LRCCD if the latter date is later than the date of delivery. Payment is deemed to be made for the purpose of earning discount, on the date payment is mailed or on behalf of LRCCD.
4. **INVOICES:** Invoices shall be prepared and submitted in duplicate unless otherwise specified. Invoices shall contain Purchase order number, date, description of items, sizes and quantities, unit prices, extended totals, place and date of delivery. Invoices or vouchers not on printed bill heads shall be signed by the CONTRACTOR or person furnishing the supplies or services. Every invoice shall be properly itemized. If LRCCD has not received billing for product or services within a one year period LRCCD will not be held responsible for satisfying the debt.
5. **CHANGES:** No change or modification in terms, quantities, or specifications may be made without express authorization in writing from the LRCCD Purchasing Office and signed by the parties hereto, and no oral understanding or agreement not incorporated herein shall be binding on any of the parties hereto. If unit cost of any item exceeds the amount shown by 10% or \$250.00 whichever is less do not ship. Contact LRCCD Purchasing at the phone number provided.
6. **BILL OF LADING:** If Bill of Lading is applicable to this order, send originals to "Ship to" address and duplicate Bill of Lading with invoices to "Bill to" address. All correspondence, invoices, bills of lading, shipping memos, packages, etc., must show purchase order number. If factory shipment, advise factory to comply.
7. **TRANSPORTATION CHARGES:** Invoices for prepaid transportation charges must be supported by original receipted expense bills.
8. **FOB POINT AND FREIGHT CHARGES:** Unless otherwise specified on this order, all items shall be delivered FOB Destination. No charge for delivery, drayage, express, parcel post, packing, cartage, insurance, license fees, permits, or for any other purpose will be paid by LRCCD unless expressly included and itemized in the order. Unless otherwise shown, on "FOB Shipping Point" transactions, CONTRACTOR shall arrange for lowest cost transportation, prepay and add freight to invoice and furnish supporting freight bills if the amount exceeds \$50.00. On "FOB Shipping Point" transactions, should any shipments under this purchase order be received by LRCCD in a damaged condition and any related freight loss and damage claims filed against the carrier or carriers be wholly or partially declined with the inference that damage was the result of the act of the shipper such as inadequate packaging or loading or some inherent defect in the equipment and/or material, CONTRACTOR on request of LRCCD shall at CONTRACTOR's own expense assist LRCCD in establishing carrier liability by supplying evidence that the equipment and/or materials was properly constructed, manufactured, packaged, and secured to withstand normal transportation conditions. Shipments that are California intrastate in nature and where freight is to be borne by LRCCD shall be tendered to carriers with written instructions that rate and charges may not exceed the lowest lawful rates on file with the California Public Utilities Commission.
9. **PATENT INDEMNITY:** The CONTRACTOR shall hold LRCCD, its officers, agents and employees harmless from alleged liability of any nature or kind, including costs and attorney fees and expenses, for infringement or use of any copyrighted or uncopyrighted composition, secret process, patented or unpatented invention, article or appliance furnished or used in connection with the contract or purchase order.
10. **TAXES:** Certain articles sold to LRCCD are exempt from certain Federal excise taxes. LRCCD will reimburse the CONTRACTOR for, or pay directly, all California State and local sales and use taxes applicable to this purchase.
11. **EQUAL OPPORTUNITY EMPLOYER:** The acceptance of this purchase order by a supplier of goods and services is a certification that such supplier complies with all provisions of executive order 11246 and is an equal opportunity employer.
12. **GENERAL SAFETY ORDERS:** All materials, supplies and services sold to LRCCD shall conform to the general safety orders of the State of California. All materials, except as otherwise specified, must be new and of the best quality of their respective kinds.
13. **INDEMNIFICATION:** CONTRACTOR shall indemnify, defend and hold harmless LRCCD, its trustees, officers, agents, employees and volunteers, from any and all claims, demands, suits, causes of action, damages, penalties, breaches of this agreement, infringement of patent rights, costs, expenses, violations of employee occupational health and safety laws, attorney fees, losses or liability, property damage, personal injuries to or death of persons, arising out of, alleged to have arisen out of, or relating in any way to CONTRACTOR's work to be performed under this agreement, except if caused solely by the negligence of LRCCD.
14. **TERMINATION:** LRCCD may terminate this agreement and be relieved of the payment of any consideration to CONTRACTOR should CONTRACTOR fail to perform the covenants herein contained at the time and in the manner herein provided. In the event of such termination LRCCD may proceed with the work in any manner deemed proper by LRCCD. The cost to LRCCD shall be deducted from any sum due the CONTRACTOR under this agreement and the balance if any, shall be paid the CONTRACTOR upon demand.
15. **ASSIGNMENT:** Without the written consent of LRCCD, this agreement is not assignable by CONTRACTOR either in whole or in part.
16. **PUBLIC WORKS PROJECTS:** CONTRACTOR must comply with Public Contract Code.
17. **CA LABOR CODE:** Pursuant to Section 1700, and following, the CONTRACTOR shall pay not less than the prevailing rate of per diem wages as determined by the Director of the California Department of Industrial Relations. Copies of such prevailing rate of per diem wages are on file at the Business Office of the Los Rios Community College District, 1919 Spanos Court, Sacramento, CA 95825. Those copies shall be made available to any interested party upon request. The CONTRACTOR shall forfeit, as penalty to the LRCCD, Fifty Dollars (\$50.00) for each calendar day or portion thereof, for each workman paid less than the stipulated prevailing rates for any work done under the contract by him/her or by any subcontractor under him, in violation of the provisions of such Labor Code.
18. **NOTICE:** Your employees may be exposed to hazardous substances during the course of their work while on LRCCD property. For additional information on the hazardous substances that your employees may be exposed to contact the LRCCD General Services Department at (916) 568-3048.
19. **INSURANCE:** CONTRACTOR shall, at all times, maintain in full force and effect the following insurance: Workers' Compensation, Commercial General Liability, Auto Liability, and Professional Liability if licensed professional. Policy limits for each shall be at least \$1,000,000 AND \$3,000,000 AGGREGATE for bodily injury, personal injury and property damage. Any combination of General Liability and Excess Coverage can be combined to meet the Aggregate. LRCCD shall be named as an additional insured on CONTRACTOR's policies. The CONTRACTOR shall provide a certificate of insurance and required endorsements to comply with this section at least 15 days prior to commencement of work under this contract. The certificate shall state that LRCCD will be given 30 days notice of any material change or cancellation in coverage.
20. **DISQUALIFIED EMPLOYEES:** CONTRACTOR shall ensure that persons who perform services on LRCCD property have not been convicted of any felony, or any controlled substance offense or any sex offense as those terms are defined by Education Code section 87008-87010. If LRCCD determines that any person employed by CONTRACTOR to work on LRCCD property is incompetent, unfaithful, intemperate, disorderly, abusive or is otherwise unsatisfactory, CONTRACTOR shall cause that employee to be removed from working on LRCCD property immediately, and that person shall not be employed again on LRCCD property.
21. **WORK AUTHORIZATION:** Prior to LRCCD's acceptance of this Agreement, CONTRACTORS who are not U.S. citizens must provide verification of (a) work authorization status from the appropriate U.S. Department of State; (b) a copy of their U.S. visa; (c) the number of days present in the U.S.; and (d) tax treaty status. LRCCD shall not make any payments to CONTRACTOR unless CONTRACTOR holds the appropriate U.S. visa. CONTRACTOR is responsible for ensuring they are in possession of the appropriate visa.
22. **WARRANTY:** CONTRACTOR expressly warrants that all materials, goods, equipment, services, and/or labor shall conform to the requirements set forth or incorporated into this order and any applicable industry standards or requirements, shall be merchantable and free from defects in workmanship, materials and/or design (including latent defects), and shall perform as specified. CONTRACTOR further warrants that all materials, goods, equipment, services, and/or labor will be fit and sufficient for the particular purposes intended by LRCCD. Unless agreed upon otherwise between LRCCD and CONTRACTOR, the warranty period shall be the longer of: (a) any express warranty included in this service agreement; (b) one year after the materials, goods, equipment, services, and/or labor are accepted by LRCCD; or (c) any warranty period provided under any applicable California law.

Haney, Brenda

From: ACSM Store <info@coacheschoice.com>
Sent: Friday, March 01, 2013 12:39 PM
To: Poon, Vivian
Subject: ACSMStore.org Customer Receipt/Purchase Confirmation

Thank you for your order!

Merchant: ACSMStore.org
Description: 4735
Invoice 4735
Number:
Customer ID: 2904

Billing Information

VIVIAN POON
Los Rios Community College District
1919 SPANOS COURT
SACRAMENTO, CA 95825
US
poonv@losrios.edu
(916) 568-3038

Shipping Information

Total: US \$250.11

Date/Time: 1-Mar-2013 13:39:27 MST
Transaction ID: 5051560004

From: info@acsmstore.org
Sent: Friday, March 01, 2013 12:37 PM
To: Poon, Vivian
Subject: www.acsmstore.org Order Confirmation



CustomerID# 2904

Thank you for your order. Your order number is 4735, placed 3/1/2013 at 12:36PM.

Bill To:

Los Rios Community College
District
VIVIAN POON
1919 SPANOS COURT
PO#0001070510
SACRAMENTO, CA 95825
United States
(916) 568-3038
poonv@losrios.edu

Ship To:

Los Rios Community College District
FOLSOM LAKE COLLEGE RECEIVING -
PO#0001070510
10 COLLEGE PARKWAY
FOLSOM, CA 95630
United States
(916) 608-6635

Payment Info:

Credit Card: Visa
VIVIAN POON
*****5192

Shipping Method:

FedEx Ground®

Order Details:

Code	Item	Qty	Price	Total
9781606792391	101 Tips for Effective Social Media Marketing in Health/Fitness Clubs	1	\$19.95	\$19.95
9781608311958	ACSM's Career and Business Guide for the Fitness Professional	1	\$38.95	\$38.95
9781606791707	The Dollars and Sense of Selling Exercise: Promoting Personal Training With Integrity	1	\$19.95	\$19.95
9781606791035	101 Ways to Improve Your Personal Training Business	1	\$19.95	\$19.95
9781606791769	Acting Like an Animal: Playful Strengthening and Stretching Activities for Kid People	1	\$19.95	\$19.95
9781606791264	INSIGHTs on Exercise: A Guide to Improving Your Health Through Fitness	1	\$21.95	\$21.95
1-58518-998-4	Functional Exercise Progressions	1	\$29.95	\$29.95
9781606792230	INSIGHTs on Nutrition & Weight Loss: A Guide to Losing Weight and Keeping It Off	1	\$21.95	\$21.95
1-60679-063-2	Ageing Fitfully: Preserving Functional Fitness Regardless of Age or Limitation	1	\$19.95	\$19.95

Sub Total: \$212.55

Tax
(8.5%): \$18.07

Shipping: \$19.49

Grand
Total: \$250.11

Only current ACSM Certified Professionals can order Certification wearables. Enter your ACSM ID or Certificate Number :
Enter Notes For Customer Service::

Thank you for shopping at www.acsmstore.org!

Los Rios Community College District

Page ____ of ____

Requisition

Req. No. 752783
P.O. NO.

Vendor Code	DATE <u>2/11/13</u>
Approved	VENDOR <u>US BANK for ACSM</u>
Terms	ADDRESS <u>American College of Sports Medicine</u>
F.O.B.	CITY _____ STATE _____ ZIP _____
	PHONE _____ FAX _____

DELIVERY INSTRUCTIONS	
<u>4</u>	Location Code
<u>04 ASPH 23</u>	College/District Location
<u>FLR</u>	Department
<u>UBR</u>	Date Required
<u>INSTRUCTION</u>	Division

ITEM	DESCRIPTION	ORDERED		AMOUNT	
		QUANTITY	UNIT	UNIT PRICE	TOTAL PRICE
	*Use additional paper if necessary and please reference requisition number. DO NOT USE A SECOND REQUISITION.				
1	Health & Science CTE	1	LOT		352.35
2	Reference Books for				
3	File Library				
4	as part of SB70 CTE Grant				
5	RND 4.				
6	Estimated Shipping				75.00
7					
8	REQUEST ONLINE ORDER w/				
9	CREDIT CARD PREPAY				
10					
11					
12					
13					

Purchases Charged to Categorical Programs, Grants or Special Projects		Sales Tax	28.19
This purchase is in compliance with the requirements of <u>SB70 CTE</u>			
<u>Initiative</u>	Program Name	<u>454X(SUPL)</u>	Total
<u>Qualified Expenditure</u>	Project/Grant Number	455.54	
Program Goal/Objective Number/Explanation		13801	

I hereby certify the items/services listed above are to be obtained in accordance with District Regulation 8323, Section 4, Conflict of Interest, and all other applicable district, state, and federal policies, rules, regulations and laws.

REQUESTED BY: Shannon Clark 2/11/13

REQUESTED BY: S Clark (BDA) 2/11/13

AUTHORIZED: Dale Van Dam (BDA) 2/11/13

APPROVED: Stephene Kerkin 2/11/13

<u>GENED 6300/12/ED.VI.SB70</u>				
Bus. Unit	Account*	Fund	Org	
49990	00000	2013	454X	\$ 455.54
Program	Sub-Class	BY	Proj/Grnt	Amount
Bus. Unit	Account*	Fund	Org	
Program	Sub-Class	BY	Proj/Grnt	Amount

* Asset Location - For equipment purchases over \$200 (Accounts 6490, 6495 and computers) complete the area below indicating the final location where equipment will be housed.

Location Code _____ Dept. _____

Building _____ Room No. _____

Instructions on Reverse

Year	Price	Product Code	Category
2011	19.95	9781606791707	Business & Management
2013	19.95	9781606792391	Business & Management
2012	38.95	9781608311958	Business & Management
2011	19.95	9781606791769	Fitness/Personal Training
2010	59.95	9781606791028	Fitness/Personal Training
2011	39.95	9781606791196	Fitness/Personal Training
2011	21.95	9781606791264	Fitness/Personal Training
2007	49.95	827008483891	Fitness/Personal Training
2004	29.95	1-58518-998-4	Fitness/Personal Training
2012	21.95	9781606792230	Nutrition/Weight Control
2012	19.95	9781606792254	Nutrition/Weight Control
2009	19.95	1-60679-063-2	Special Populations
2008	19.95	1-58518-055-4	Sports Medicine

Title

Dollars and Sense of Selling Exercise: Promoting Personal Training With Integrity
 101 tips for effective social media marketing in health/fitness clubs
 ACSM's career and business guide for the fitness professional
 Acting like an animal: playful strengthening and stretching activities for kid people
 Fitness professional's guide to sports nutrition and weight management
 The physiology storybook: an owner's manual for the human body
 INSIGHTs on exercise: a guide to improving your health through fitness
 Scope of practice...where fitness ends and nutrition begins
 Functional exercise progressions
 INSIGHTs on nutrition & weight loss: a guide to losing weight and keeping it off
 "Eat Your Vegetables" and other mistakes parents make: redefining how to raise health eaters
 Aging fitfully: preserving functional fitness regardless of age or limitation
 101 sports medicine tips/facts: vol. 1 -- understanding the basics

American College of Sports Medicine

SEARCH:

ACSM Products

YOUR CART
 1 PAGE CHECKOUT
 RECEIPT

- ACSM DVDs & Conferences
- ACSM Publications
- ACSM Wearables
- ACSM Certification
- ACSM Affiliate Products
- Educational Books
- Business & Management
- Fitness/Personal Training
- Nutrition & Weight Control
- Special Populations
- Sports Medicine
- Wallcharts and Tools
- Educational DVDs
- Business & Management
- Exercise Adherence
- Exercise Programming
- Fitness Assessment
- Nutrition & Weight Control
- Personal Training
- Special Populations
- Sports Medicine/Medicine
- Stress Management
- Exercise is Medicine
- Wearables
- Posters

ITEM DESCRIPTION	QTY	EACH	TOTAL
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