

Resource List for Medical Fitness Association Director Credential

Primary Resources (Available in a discounted bundle in our web store)

1. MFA's Standards & Guidelines for Medical Fitness Center Facilities, 2nd Edition
2. MFA's Benchmarks for Success 2017
3. MFA's Resource and Planning Guide, 4th Edition
4. ACSM's Health/Fitness Facility Standards and Guidelines (4th Edition)
5. The Health/Wellness Professionals' Guide to Medical Fitness Exercise
6. Fitness Management (Tharrett and Peterson)
7. The Ultimate Resource Manual for Implementing Health/Fitness Facility Standards and Guidelines - Tharrett & Peterson

Additional Resources

1. ACSM's Guidelines for Exercise Testing and Prescription (9th Edition)
2. ACE Medical Exercise Specialist Manual (Skinner, Bryant, Merrill, Green – 2015)
3. 2015 IHRSA Profiles of Success
4. Community Wellness and Exercise is Medicine (Sallis, Nieto, Alpert)
5. Competency Management: Right People, Right Qualifications, Right Position (Vandenabeele)
6. Moving Medical Fitness to the Top of Your Physician's Agenda (Lynch)
7. Active Doctors, Active Patients (Institute of Lifestyle Medicine, Harvard University)
8. Exercise is Medicine, Exercise is Wellness: Great, Now How Do I Make a Profit? (Convisor)

Free Resources

1. NIH website <https://www.nia.nih.gov/health/publication>
2. Community Gyms – [www.ors.sa.gov.au/ data/assets/file/0008/145772/Community-Gyms.pdf](http://www.ors.sa.gov.au/data/assets/file/0008/145772/Community-Gyms.pdf)
3. ACOG Guidelines for Physical Activity and Exercise During Pregnancy and the Postpartum Period – 2002 <https://www.acog.org/-/media/Committee-Opinions/Committee-on-Obstetric-Practice/co650.pdf?dmc=1&ts=20160418T1752069705>
4. National Diabetes Prevention Program (DPP); <http://www.cdc.gov/diabetes/prevention/about/index.html>
5. USDA Dietary Guidelines for Americans 2015-2020 (8th edition) <http://health.gov/dietaryguidelines/2015/guidelines/>
6. USDHHS Physical Activity Guidelines for Americans <http://health.gov/paguidelines/pdf/paguide.pdf>