



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

Working Through Cancer: Exercise as a Part of Recovery

CEUs: AFAA 2.0, NASM 0.2

11/19/2020

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Completion Date



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

Emotions in Motion: Exercise as an Anxiety Intervention

CEUs: AFAA 2.0, NASM 0.2

9/10/2020

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Completion Date



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

Behavior Change Science: Help Clients Stick With Their Program

CEUs: AFAA 2.0, NASM 0.2

1/19/2019

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Completion Date



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

Hydration: Through the Lens of Fitness and Health

CEUs: AFAA 2.0, NASM 0.2

9/4/2020

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Completion Date



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

Feeding the Athlete

This course is  
approved for 2.0 continuing education hours (2.0 AFAA | 0.2 NASM)  
1/27/2017

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Completion Date



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

CEU Corner: Nutrition and Exercise

CEUs: AFAA 2.0, NASM 0.2

7/8/2018

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Completion Date



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

CEU Corner: Metabolic Training: Is Cardio Worth Your Time?

CEUs: AFAA 2.0, NASM 0.2

8/9/2018

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Completion Date



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

CEU Corner: The Science of Exercise Recovery

CEUs: AFAA 2.0, NASM 0.2

8/15/2018

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Completion Date





ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# RECORD OF COMPLETION

this record confirms

Rhonda Boyers

has completed the following course:

Prehab Vs. Rehab™

CEUs: AFAA 7.0, NASM 0.7

8/26/2018

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Completion Date