



**2024 ACTIVATE FitCon CEC CHART**

*(The following are your pre-approved ACTIVATE FitCon 2024 CECs)*

Session	canfitpro			Yoga Alliance	YMCA	NSCA
	PTS	FIS	HWL		Internal & External	CAT A
2000 – Growth 360 LIVE!	4 Full CECs approved	1.5 CECs provided by Lisa Greenbaum for attending session #2013	14 Internal & External CECs Approved			
2001 – Better Together					0.15	
2002 – Make a Difference with Your First Book						
2003 – Group Cycling						
2004 – The Hips Don't Lie					0.15	
2005 – Body Weight Training					0.15	
2006 – Nutrition Fundamentals					0.15	
2007 – TRX Circuit					0.15	
2008 – Lifting Technique					0.15	
2009 – Pushing for Power					0.15	
2010 – The 10 Values						
2011 – Bollywood Fusion						
2012 – Female Cycle Considerations					0.15	
2013 – Yin & Restore					0.15	
2014 – 3 Ingredients of Marketing						
2015 - LTS Strength & Stretch					0.15	
2016 – The Foot Foundation					0.15	
2017 – Building and Online Coaching Program						
2018 – Mobility, Stability and Recovery					0.15	
2019 – The Science of Aging Well					0.15	
2020 – Putting Personal Back in Training					0.15	
2021 – Blood Testing and Your Health						

**NOTE:** Proof of attendance must accompany this chart. An official certificate will be sent to you within 14 days following the event. In order to obtain a CEC certificate, you must attend a minimum of 8 contact hours (excluding breaks). A maximum of 4 CECs can be reported to canfitpro for each certification held PTS, HWL, FIS (this is their annual requirement). CECs are not reported automatically. You must submit on your own at the time of renewal. This live event fulfills your full YMCA 14 Internal and External CEC requirement. Other organizations may recognize the CECs from ACTIVATE FITCON 2024 based on the petition. It is the participant's responsibility to apply for accreditation and pay any associated fee, unless pre-approved/listed above.