



Resource List for Medical Fitness Association Fitness Facility Director and Medical Fitness Facility Director Certifications

Purchasable Resources

1. ACSM's Health/Fitness Facility Standards and Guidelines
2. The Health/Wellness Professionals' Guide to Medical Fitness Exercise
3. Fitness Management (Tharrett and Peterson)
4. The Ultimate Resource Manual for Implementing Health/Fitness Facility Standards and Guidelines - Tharrett & Peterson
5. Medical Fitness Essentials (Boone)

MFA Branded Resources

1. MFA's Standards & Guidelines for Medical Fitness Center Facilities
2. MFA's Benchmarks for Success
3. MFA's Resource and Planning Guide

Additional Resources

1. ACSM's Guidelines for Exercise Testing and Prescription
2. 2019 IHSA Profiles of Success
3. Community Wellness and Exercise is Medicine (Sallis, Nieto, Alpert)
4. Competency Management: Right People, Right Qualifications, Right Position (Vandenabeele)
5. Moving Medical Fitness to the Top of Your Physician's Agenda (Lynch)
6. Active Doctors, Active Patients (Institute of Lifestyle Medicine, Harvard University)
7. Exercise is Medicine, Exercise is Wellness: Great, Now How Do I Make a Profit? (Convisor)

Free Online Resources

1. NIH website <https://www.nia.nih.gov/health/publication> (Search for Exercise)
2. National Diabetes Prevention Program (DPP) <http://www.cdc.gov/diabetes/prevention/about/index.html>
3. USDA Dietary Guidelines for Americans 2015-2020 <http://health.gov/dietaryguidelines/2015/guidelines/>
4. [USDHHS Physical Activity Guidelines for Americans https://health.gov/paguidelines/second-edition/](https://health.gov/paguidelines/second-edition/)

5. CDC Physical Activity <https://www.cdc.gov/physicalactivity/index.html> Multiple articles, research citations, posters, programs and initiatives described.
6. Competencies for Medical Fitness Center Management https://journals.lww.com/acsm-healthfitness/Fulltext/2010/05000/COMPETENCIES_FOR_MEDICAL_FITNESS_CENTER_MANAGEMENT.9.aspx
7. Transtheoretical Model for Retention of Members https://cdr.lib.unc.edu/concern/masters_papers/c821gp40s
8. Developing Dashboards https://journals.lww.com/acsm-healthfitness/Fulltext/2009/01000/DEVELOPING_DASHBOARDS__Performance_at_a_Glance.9.aspx

MFA offers a bundle of resources at a discounted price on its website store for the convenience of candidates. No particular advantage is gained from using MFA branded resources or sites or programs offered for a fee from the Medical Fitness Association.