



## **Cory Holly Institute (CHI)**

CHI is an online sports nutrition, anti-aging, health and fitness education center. CHI publishes and distributes sports nutrition distance learning education programs to students, graduates and members worldwide.

CHI education services and products include sports nutrition certification, sales training certification, audio books, online membership, audio and video tutorials, special expert guest interviews, e-Newsletter, personal consultation, educational seminars, trade shows, dietary supplements and referral programs.

CHI was founded by Cory Holly in 2000. CHI is privately owned and federally incorporated in Canada. The Prime Directive of CHI is achieved by teaching people how to get well and age with excellent health through fitness and nutrition science.

## **Certified Sports Nutrition Advisor (CSNA)**

CHI provides professional certification to students who enroll and complete the Certified Sports Nutrition Advisor (CSNA) home study education program.

The CSNA program is designed to enrich the life of each student and help advance their health and fitness career. The program is recommended to health food store and fitness center retailers, industry suppliers and distributors, personal trainers, health care and fitness professionals, gym owners, coaches, competitive athletes and anyone interested in learning more about sports nutrition, anti-aging, health and fitness.

Enrollment is recommended for any individual involved in the field of physical therapy, physical education, exercise science, rehabilitation, coaching and sports medicine.

The CSNA education program integrates the philosophy of biological medicine with exercise science and promotes the use of dietary supplements in conjunction with organic whole foods. In addition to enhancing scholastic aptitude and preparing the student for entry into the sports nutrition, anti-aging, health and fitness field, this program serves as both a guide in human life strategy and a personal health-care owner's manual. The goal is to equip each student with the information and knowledge required to physically condition, care for and nourish their own body.

More details here [www.CoryHolly.com](http://www.CoryHolly.com)