

# National Personal Training Institute Certificate of Completion

*This certifies that*

**Zachary Teancum Kent**

*Attended a one day workshop in "Strength and Conditioning for Bone Health" and has competently passed the theoretical and practical application in biomechanics of bone, exercise prescription for bone health, assessing the primary risk factors that decreases bone mineral density (BMD) and interpreting a DXA scan, delivered by Osteoblast Training® LLC.*

Director of Education

*M. Miller*

Date

*02/22/2025*

President N.P.T.I.

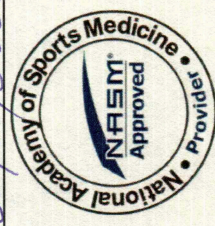
*[Signature]*

Date

*02/22/2025*

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Certificate Number



Provider No: 837  
0.8 CEU'S