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ACE Health Coach Manual. San Diego, CA: ACE. Butterworth, S.  
et al. (2006). Effect of motivational interviewing-based health  
coaching on employees' physical and mental health status.  
Journal of Occupational Health Psychology, 11, 4, 358-365.  
Moore, S.M., and Charvat, J. (2007). Promoting health behavior  
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practice tests (I would recommend a practice test or two). The test is challenging, and I remember the questions being mainly real life application problems—very little regurgitation of information.

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Karin is right! ACE just replaced the old Life Style and Weight Management Coach with the Health Coach certification. I am actually waiting on my materials which should come any day. I hope to be certified in a couple of months. If you go to ACE's site it is pretty user-friendly and might help answer some of your questions ☐☐ Julie

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