

Household Emergency Preparedness Manual

Addendum M: Fitness

Learning Path Reference

Northern Utah / Wasatch Front Edition

Every course, certification, and organization referenced across all four stages of this addendum, gathered into one reference card. See the full addendum for the reasoning and context behind each resource.

Stage 1: Foundations (Awareness)

Resource	Cost / Format	Notes
Dubois & Esculier, British Journal of Sports Medicine (2020), PEACE & LOVE protocol	Free abstract; full text may require access	Already cited in Chapter 13's Appendix C; the peer-reviewed origin of the protocol.
CDC Physical Activity Basics	Free, online	cdc.gov. Already cited in Chapter 13; general, medically reviewed guidance on safe exercise progression.
A reputable video series on squat/hinge/push/carry technique	Free, from a certified trainer or physical therapist	Prioritize sources credentialed through NASM, ACE, or a licensed PT, not an uncredentialed influencer.

Stage 2: Applied Practice (Competent)

Resource	Cost / Format	Notes
A weighted pack/rucksack (or a normal pack loaded with water jugs)	Low-cost if repurposing existing gear	Already cited in Chapter 13's Tier 2 equipment.
A simple training log (notebook or app)	Free–\$10	Consistency of use matters more than the specific tool.

Resource	Cost / Format	Notes
Basic compression wraps and injury-management supplies	\$20–\$50	Cross-reference Addendum C's first aid kit for overlap rather than duplicating supplies.

Stage 3: Self-Sufficiency (Proficient)

Resource	Cost / Format	Notes
NASM or ACE Certified Personal Trainer coursework	\$799–\$3,499 depending on package	nasm.org or acefitness.org. NCCA-accredited; requires current CPR/AED certification.
Wilderness First Responder (cross-reference Addendum C, Stage 3)	~\$1,000–\$1,300	Directly relevant musculoskeletal injury assessment training.
DIY strength equipment (sandbags, weighted containers)	Near-zero cost beyond containers on hand	Already cited in Chapter 13's Tier 3.

Stage 4: Mastery & Teaching (Expert)

Resource	Cost / Format	Notes
NASM or ACE Certified Personal Trainer full certification	\$799–\$3,499	The full, NCCA-accredited professional credential.
BOC Athletic Trainer (ATC) program information	Multi-year graduate program if pursued	bocatc.org. Know the pathway exists even if not personally pursuing it.
A shared community training space and equipment	Cost varies by community resources	Already cited in Chapter 13's Tier 4 equipment guidance.