

## Learn Marketable Skills That Will Help You Achieve Your Goals

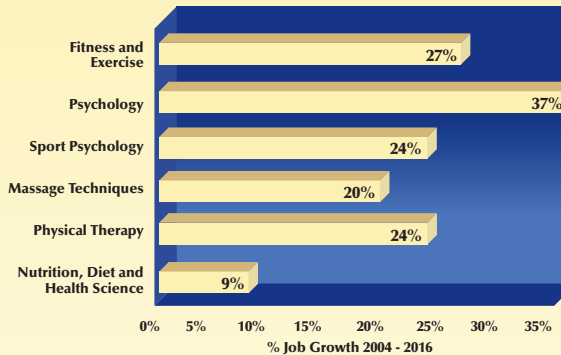
Do you want to improve your own health or that of your family and friends? Do you want to help others achieve their personal best? Whether you are motivated by a personal desire or a professional interest, specialized training in health and wellness will open the door to a new world of opportunity. Ashworth is your key to

- ✓ A bigger paycheck
- ✓ A better career
- ✓ A brighter future



## Health and Wellness Skills Are In-Demand!

*You've chosen a field that's growing steadily every day*



Source: U.S. Bureau of Labor Statistics

### ***DID YOU KNOW...?***

Health and wellness are on the minds of many people these days. Eating right, keeping fit, avoiding stress and staying well – mentally and physically – have become top priorities for people of all ages and at every stage of life.

Baby boomers are a driving force behind the growth of the wellness industry. They are reaching their most productive years, and have the disposable income and time to spend on exercise programs and nutritional products.

Achieve personal improvement *and* enhance your current occupation in our fine courses!

## Health and Wellness

## Get a Head Start in a Satisfying Career

*We make it easy for you to succeed in the health and wellness fields.*

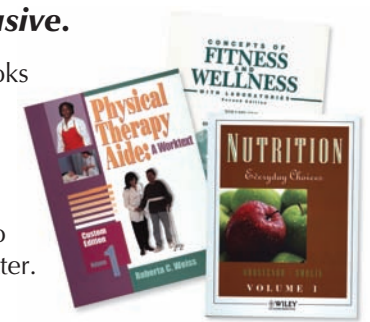


## Success Starts Here

**Our exciting study approach makes learning come alive.**

**Tuition is all-inclusive.**

From top-rated textbooks and online study resources to personal guidance and career advice, we provide everything you need to master the subject matter.



Each lesson includes a study guide with instructor's notes, a vocabulary builder, the reading assignment, review exercises and an open-book exam (available online).

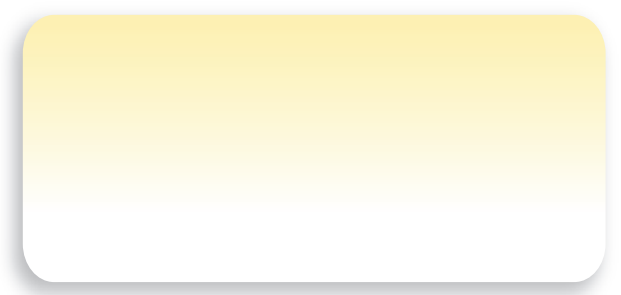
**Connect with our faculty.**

You'll study independently but you're never alone. Our Student Advisors offer more individualized attention than you find in many traditional schools.

**Say YES to success right now.**

Our flexible, self-paced courses have helped tens of thousands of Ashworth grads achieve their dreams. Now it's your turn! Change your life now.

**Change your life at Ashworth.**



Life happens – and we understand! You can continue your personal activities in the usual way while pursuing your career studies in your spare time. Besides, think how much gas money you'll save by not having to drive to classes!

**Our Health and Wellness courses teach meaningful skills you can use right now.**

- ❖ Fitness and Exercise
- ❖ Massage Techniques
- ❖ Nutrition, Diet and Health Science
- ❖ Physical Therapy Aide
- ❖ Psychology
- ❖ Sport Psychology for Peak Performance



Our national accreditation by the Distance Education and Training Council assures you that your diploma will be recognized across the U.S. and around the globe.

## You Belong At Ashworth!

**You're unique. And your education should be, too.**

You requested information about our school because you want more out of life. You're a unique individual with goals and dreams that set you apart from the rest.

The good news is – we're different too. Why? Because at Ashworth, we are totally dedicated to helping you stand out from the pack. And this means now, as a student, and later when you take your skills into the "real" world.

**You're in control from day one.**

While you're gearing up for a career you'll love, you shouldn't have to waste time getting there. So we let you decide when, where and how much you can study. It's the ultimate in flexible learning: no deadlines, no pop quizzes, no pressure. You can also choose a tuition payment plan that fits your budget.

*"I loved my course. I'm now in a very good job in a high-demand field that's very rewarding."*

- Jill R., Texas