

Dala McDevitt - DLDNation - Online Fitness & Nutrition Coach

What you'll get inside OFNC

All-encompassing course curriculum

390+ module online course

Video, audio, and written modules for all learning styles

Real client case studies, practice quizzes, and a final study guide

Top-tier guidance and support

Unlimited access to OFNC coaches throughout your entire career

Lifetime access to our Facebook group with fellow students and alumni

Lifetime education via our free annual updates

Tools to kick-start your business

All client questionnaires, forms, and templates done for you

Scripts to navigate client communication confidently and professionally

Exclusive career opportunities

What makes OFNC the preferred certification

You will learn firsthand from Registered Dietitians, Exercise Physiologists, Pain Performance Specialists, Registered Nurses, Physician's Assistants, Certified Strength & Conditioning Specialists, Functional Movement Systems Specialists, Perinatal Certified Coaches, Corrective Exercise Specialists, and so many more.

Our two-pronged approach saves you time and money by packing both a **nutrition** certification and **fitness** certification into one, all-inclusive course taught by elite coaches in the industry.

- Learn to work with **special populations** including: pregnancy and postpartum, PCOS, hypothyroidism, gut health, autoimmune disorders, hormone imbalances, bariatric surgery, diabetes and more.

- Via an abundance of case studies, real client check-ins with voice memo and loom video responses, and practice setting macros and protocols for new clients, you'll graduate with confidence boosting, **real world experience**.
- Through our revolutionary Peer to Peer program we'll provide your first few clients so you can apply your skills in real world scenarios and gain the necessary experience to start your career. You'll leave with an **arsenal of before & afters, client testimonials** and proof of your coaching competency and quality to attract clients and/or land your dream job as an assistant coach.
- You have **lifelong access to your course**, ensuring that the solutions to any future client challenges are readily available at your fingertips.

How it works

1. Enroll in OFNC

Take the first step towards becoming an industry-leading coach.

2. Get course access

Congratulations! Unlock university-level modules you can study at your own pace.

3. Receive ongoing support and collaboration in our Facebook community

Get unlimited support from OFNC Instructors and network with hundreds of other online coaches dedicated to changing lives just like you.

4. Pass your exam and get certified

Receive your credentials and do what you're made for: changing lives.

A comprehensive resource toolkit to jumpstart your business, featuring:

New Client Questionnaires

Client Check-In Submission Forms

Workout Programming Templates (plus samples)

Client Rosters (labeled and organized for you)

New Client Program Emails

Canned Responses to the Most Common Client Questions

Unlock exclusive student discounts for our white label services, offering you a range of benefits:

21 ready for delivery, a la carte training splits designed to suit all fitness levels for gym and at home needs

Pregnancy and postpartum programs, including pelvic floor and core exercises, allowing you to work with perinatal clientele

10 re-brandable eBooks providing enhanced support for your clients

120 macro friendly recipes integrated into MyFitnessPal, inspiring your clients and simplifying their macro tracking

On-demand tutoring calls with our Exercise Physiologist and Registered Dietitian, collaborating to address your most challenging client cases

Is OFNC the right choice for you?

THIS CERTIFICATION IS FOR YOU IF...

You have a **passion** for helping others

You want to do it the right way with the strongest education so everyone you help gets healthy **safely**

You don't want to give your client surface level answers-you're ready to **dive deep** and understand the science so you're more than a coach, you're an educator

You want to be able to help a **wide range** of clientele with different goals and conditions so you can have the biggest impact

You want to know without a shadow of a doubt that you can help someone experience a **lifelong transformation**

You want a certification that will set you up for a **successful career** – whether that means starting your own business, a side hustle, or getting hired by a reputable company