



FOR IMMEDIATE RELEASE:
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The OUT Foundation's signature fitness DEI Education Training receives accreditation from NASM and AFAA

The OUT Foundation is proud to announce that its signature DEI training, E.D.I.T (Equity, Diversity, Inclusion in Training) received accreditation from the National Academy of Sports Medicine (NASM) and the Athletics and Fitness Association of America (AFAA).

E.D.I.T is part of The OUT Foundation's Athletics Inclusion Movement program and is a standalone, capstone training designed specifically for anyone seeking to create a welcoming and nurturing fitness environment for the LGBTQ+ community. E.D.I.T leans into incorporating inclusive skills to uplift, embolden, and affirm their LGBTQ+ clients and members' physical, mental, and emotional health and well-being.

"Creating safe and welcoming spaces is a win-win. The LGBTQ+ community has been challenged with finding fitness spaces that support an individual's authentic self. This training program provides the necessary education and learning in which the fitness industry can engage one of the fastest-growing populations with an inclusive environment. We are proud to have gained accreditation with NASM and AFAA and are eager to serve the fitness industry with this resource."

Participation in the workshop will now count towards Continuing Education Credits for Personal Trainers and Fitness Professionals seeking certifications or continuation of their health and wellness education. The course is two hours long and is taught by The OUT Foundation staff in conjunction with subject matter experts from the fitness industry.

For more information on E.D.I.T or The OUT Foundation's OUTAIM Program, visit www.theoutfoundation.org/aim or email programs@theoutfoundation.org

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About The OUT Foundation

The OUT Foundation's mission is to remove the barriers that block LGBTQ+ individuals from access and participation in fitness, health, and wellness, ensuring their success. We are dedicated to nurturing,

empowering, and celebrating LGBTQ+ bodies and minds, guaranteeing our community thrives. To date, The OUT Foundation has served over 400 health and fitness locations in 42 states across the country through programming like OUTAIM, OUTAthlete, OUTHealth, and OUTAthletics.

The OUT Foundation is a recognized 501(c)(3) nonprofit organization. You can learn more about our programs and their impact at www.theoutfoundation.org

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