

If you're a fitness professional specializing in or considering specialty CEUs for pre-natal training and post-natal training, there's a lot to keep in mind. Continuing education units (CEUs) are not just a checkbox on your certification renewal—they're crucial for maintaining up-to-date, safe, and effective programming for your clients during and after pregnancy. However, not all CEUs are created equal, and navigating approval status, renewal cycles, and course provider details can feel overwhelming.

In this guide, we'll break down exactly what to look for when pursuing pre and postnatal CEUs with major certifying bodies like NASM, ACE, and AFAA, and share practical tools to organize your ongoing education efficiently.

Why Do Continuing Education and Specialty CEUs Matter?

At its core, continuing education exists to ensure that fitness professionals maintain the latest knowledge, skills, and safety practices in an ever-evolving industry. For specialties such as pre-natal training and post-natal training, staying current means you can confidently support a population with unique physiological considerations and needs.

Specialty CEUs also:

- Provide access to emerging research and methodologies in pre and postnatal fitness
- Reduce liability by ensuring your training techniques align with professional standards
- Enhance your credibility and marketability to clients seeking specialized care

Understanding Renewal Cycle Differences: Annual vs. Every Two Years

One important factor trainers often overlook is that certification renewal cycles vary between organizations, which influences how you plan your continuing education.



Certifying Body Renewal Cycle Typical CEU Requirement Notes
NASM Every 2 years 2.0 CEUs (20 contact hours)
Includes specialty CEUs for pre/postnatal updates
ACE Every 2 years 2.0 CEUs (20 contact hours)
Popular for their

pre/postnatal fitness specialty certifications AFAA Annually 1.0 CEUs (10 contact hours) Allows for more frequent updates, but less credit needed concurrently

Knowing your [how to track ceus](#) certifying body's timeline helps you avoid last-minute scrambling and ensures your specialty CEUs for pre and postnatal training are timely and relevant.

What Counts as a CEU—and What Does Not?

“Just get your credits done” is the worst advice because not every activity that looks like continuing education will count towards your specialty CEU requirements.

CEUs That Typically Count

- **Courses approved by your certifying body:** This is the golden rule. For example, for NASM CEUs, courses must be NASM-approved and explicitly state pre or postnatal specialty relevance.
- **Live or recorded webinars from recognized fitness education providers:** These often provide PDF certificates issued promptly upon completion.
- **Workshops, conferences, and symposiums:** Be sure they list your certifying body in their approval details.
- **Specialty certifications:** Pre or postnatal fitness specialty certifications issued by organizations like ACE or AFAA may count toward your overall CEU requirements or serve as advanced credentials.

CEUs That Often Do NOT Count

- **Vague “wellness” or “general fitness” courses without clear certifying body approval.**
- **Free social media “certificates” or undocumented completion acknowledgments.**
- **Courses not listed or recognized in the renewal portal of your certifying body.**

Always cross-check using your certifying body’s renewal portal before purchasing. This is something I’m fanatical about—never assume, always verify.

Approval Status and Provider Eligibility: The Critical Checkpoints

When searching for specialty CEUs in pre and postnatal training, two major elements determine if a CEU counts:

1. **Is the course approved by your certifying body (NASM, ACE, AFAA)?**
2. **Is the provider eligible to issue official CEU certificates?**

Each certifying body maintains a comprehensive *renewal portal* where you can:

- Verify current CEU course approvals
- Check provider eligibility
- Track your submitted credits

For example, NASM’s portal lists approved continuing education courses searchable by specialty focus such as pre or postnatal training. ACE and AFAA provide similar tools designed to prevent trainers from accidentally investing in non-approved programs.

Even after you complete a course, be sure the provider issues a formal certificate—preferably a PDF that you can save directly to your dedicated CEU folder. Screenshots or photos of certificates often lose critical metadata useful during audits or submission.

Best Practices for Organizing Your Pre and Postnatal CEUs

Here are my tried-and-true strategies to stay on top of your specialty CEUs and fluently navigate renewal cycles without stress:



1. **Create a dedicated “CEU” folder on your computer or cloud storage:** Store all your official certificates as PDFs here. I get annoyed when people screenshot but do not save official docs properly.
2. **Log every CEU with date completed, certifying body, and renewal portal submission status:** Create a simple spreadsheet that links directly to your certificates.
3. **Use your certifying body’s renewal portal regularly:** Before buying any course, double-check that it’s listed as approved and the provider is eligible.
4. **Factor in processing time:** Some providers take days or weeks to issue certificates. Don’t wait until the last minute to complete CEUs.
5. **Plan CEUs according to your renewal cycle:** For example, if your ACE renewal is in 3 months, prioritize completing those approved pre/postnatal courses early to avoid stress.

Summary

When pursuing specialty CEUs for pre and postnatal training, the essentials boil down to:

- Understanding **why continuing education exists**—to keep your skills safe, current, and specialized.
- Knowing your **certifying body’s renewal cycle** (annual or biennial) to plan CEU completion accordingly.
- Verifying **exactly what counts as a CEU**—only approved pre/postnatal-focused courses from eligible providers.
- Utilizing the **certifying body renewal portals** as your primary tool for checking approvals and tracking submissions.
- Securing formal **PDF certificates from course providers** and maintaining an organized CEU folder for audit readiness.

Remember, working toward specialty CEUs for pre and postnatal fitness is more than a renewal requirement—it’s about committing to your clients’ health through informed and safe training practices. Stick to trusted providers

like NASM, ACE, and AFAA, and use their tools to stay organized and certified with confidence.

If you found this guide helpful, share it with other trainers who might benefit from a no-fluff approach to CEU success!