



CERTIFIED GLP-1 EXERCISE SPECIALIST

Paulo Cabrita

This document certifies that the above named individual has successfully completed the educational requirements set forth by NESTA and Medical Health & Fitness, and has demonstrated understanding and aptitude regarding the requirements to become a GLP-1 Exercise Specialist.



Eric Durak
President, Medical Health & Fitness

Scott Gaines, Ph.D.
CEO, NESTA

Completion Date: 03/30/2026

Expiration Date: None

Certificate Number: Q477489805