

The Need for Exercise &
Nutrition for Our
YOUNGER
Population



KATRINA PILKINGTON.

One of your Youth Fitness & Nutrition Guides:

Katrina is a NASM Certified Personal Trainer, Weight Loss Specialist, Youth Exercise Specialist, Women's Fitness Specialist, Nutrition Coach, AFAA Group Fitness Instructor and Wellness Workshop Presenter also studying to complete her Master of Science degree in Exercise Science and Health Promotion: Nutrition and Wellness. She is also a content creator and host of the "We Speak" series on the NASM social media, leading community and culture for certified professionals in community groups. Katrina was inspired to change careers after her own humbling experience battling poor health and weight issues. She has a passion for helping youth and their families adopt simplistic and accessible ways to integrate healthy habits into their home and lifestyle. She transitioned from a 15-year background in corporate management leading diverse teams towards a career in wellness to support her community with inclusive leadership in the wellness space. Her goal is to pay forward the knowledge she's gained to be a catalyst for others to change the trajectory of their own health. Internal change and better health are a form of revolution Katrina has decided to take for herself and her family through their plant-based lifestyle. She also is passionate about inclusion and equality for all in the work that she does. Katrina has worked as a group fitness coordinator in multiple studios, has mentored and trained over 300 group fitness instructors and personal trainers all over the country, teaches classes, trains clients, and assists in leading workshops delivering nutritional knowledge.



healthy

approaches to eating, instead of dieting, helped me for a lifestyle worth of leading by example for my daughter & her peers!



KIA WILLIAMS.

One of your Youth Fitness & Nutrition Guides:

Kia Williams, M.S., 200hr RYT is a certified AFAA Group Fitness Instructor, global presenter, host of Fit and Fierce on the Mic podcast, and former personal trainer. Kia has a strong academic background with double bachelor's degrees in Radio-Television-Film (concentration in fitness production and script writing) and English (concentration in Creative Writing), with a minor in Spanish. She has her Masters in Recreation and Sports Management (concentration in Fitness Program Management) and is completing her Masters in Business Administration. Kia is also a master educator for Barre above®, Balletone™, and Fluid Strength™, and travels across the nation educating, training, and certifying other fitness instructors. Kia has managed several fitness and wellness programs and facilities and has made it her career mission and social responsibility to support people who are affected by marginalization in jobs, education, healthcare, and lack of representation in the fitness industry. Overall, Kia is committed to helping others live a healthy lifestyle by maintaining a strong, fit, and balanced mind and body.



Movement is Magic! Being able to move within your abilities and challenge your body to reach new exercise-based goals is an incredibly rewarding privilege and magical experience. All of our bodies are on a journey and as we grow and get older, it's best to Just Keep Moving.

This course will COVER

1

An introduction to training a younger population of clients and rationale for intervention from responsible fitness professionals

2

Foundational physiological and psychological developmental education to understand the younger population with regard to fitness programming and proper nutrition

3

Exercise knowledge for fitness programming specific to adolescent clients

4

Nutrition guidance for proper growth in adolescent clients and how to responsibly coach within the scope of a fitness and exercise programming

AN INTRODUCTION

- Less physical activity available in classrooms and school settings
- More sedentary habits of children with the increase of technology, virtual classrooms
- Increased caloric intake of readily available foods
- Chronic Disease in Younger Populations





CHRONIC DISEASE in youth

Regular physical activity can help children improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as:



- Heart disease.
- Cancer.
- Type 2 diabetes.
- High blood pressure.
- Osteoporosis.
- Obesity



Healthy eating can help children achieve and maintain a healthy body composition, consume important nutrients, and reduce the risk of developing health conditions such as:

- High blood pressure.
- Heart disease.
- Type 2 diabetes.
- Cancer.
- Osteoporosis.
- Iron deficiency.
- Dental caries (cavities). (CDC, 2020)

YOUTH EXERCISE

Connection Between Exercise and Youth Physiological Development

IDENTIFY how exercise and movement facilitate growth and development in children and adolescents.

INSPECT the physiological effects of exercise and proper nutrition as they relate to growth and development in children and adolescents.

INSPIRE youth to grow holistically through exercise and proper nutrition for optimum development and physiological advances in their body.



Fitting Words

“Exercise is the free preventive — and yes managing — medicine we’ve always had to improve our wellbeing, including reduce stress. Exercise promotes the health and growth of your brain.”

Dr. Michael Mantell, PhD

THE NEED FOR PHYSICAL ACTIVITY EXISTS

01

IDENTIFY

03

INSPIRE

02

INSPECT

NUTRITION FOR CHILDREN

Building a foundation of nutritional understanding with youth clients

Energy in and energy out is the key. It's what kind of energy a child takes in that can dictate and determine what energy output they exhibit. Movement is key, as per the above modules, but also the fuel that runs the engine as well.



Fitting Words

To become healthy & disease-resistant you can't escape the necessity of eating large amounts of nutrient-rich, healthy food.

Dr. Joel Fuhrman, M.D.

OUR KIDS ARE WHAT THEY eat

01

IDENTIFY

03

INSPIRE

02

INSPECT

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& stay tuned for the MFN Youth
Exercise & Nutrition Program
release!



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