



# YADA

## YOUNG ARTIST

DEVELOPMENT ASSOCIATION

### FIT 2 LEARN

*"Energize Your Teen Spirit:  
Fitness for the Next Generation!"*





**The academic environment, with its rigorous schedules, exams, and extracurricular activities, can create an intense and time-consuming atmosphere.**



**Balancing academic ambitions with a commitment to maintaining a healthy lifestyle is crucial, and efforts should be made to instill in adolescents the importance of holistic well-being as an integral part of their overall success and fulfillment.**



**Adolescents often face significant challenges when it comes to prioritizing their health amidst the demands of academic pursuits and other responsibilities.**



# WHY STAY FIT?



*Fitness is crucial for adolescents as it plays a pivotal role in their overall development and well-being. Regular physical activity not only contributes to the development of strong muscles and bones but also promotes cardiovascular health, helping to establish lifelong habits that can ward off various health issues.*

**OVER THE NEXT 12 WEEKS OUR PURPOSE  
WILL BE TO**

**LIVE FIT, ROCK LIFE:  
ELEVATE YOUR TEEN ROUTINE!**





# WHY ARE TEENS AT RISK?



## ACADEMIC PRESSURE

*The pursuit of academic success often leads to long hours of studying, resulting in irregular eating patterns, insufficient sleep, and limited time for physical activity.*



## RISE IN TECHNOLOGY

*Excessive screen time and sedentary behaviors associated with the use of smartphones, computers, and video games can lead to physical inactivity*



## CONSUMPTION OF GMO FOODS

*Processed foods, often containing GMO ingredients, may lack essential nutrients and contribute to an imbalanced diet.*

# DID YOU KNOW?

The YRBSS reported that, in 2019, only about 25% of high school students met the recommended guidelines for at least 60 minutes of physical activity per day.

**25%**

The CDC reported that, in the period, around 19.3% of youth aged 12-19 had obesity in the United States.

**19.3%**

The American Heart Association (AHA) reports that, less than 30% of high school students engage in at least 60 minutes of moderate to vigorous physical activity per day.

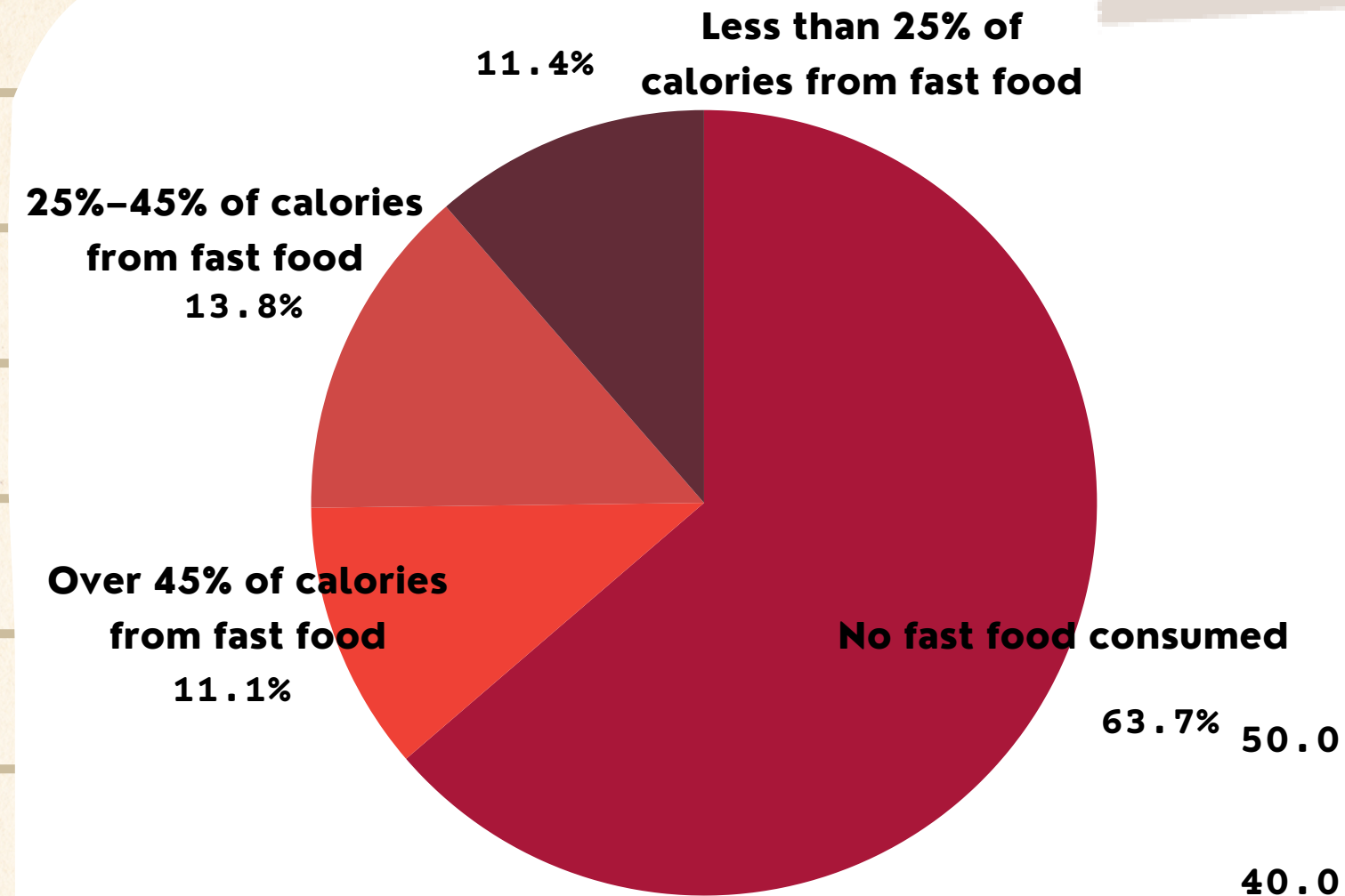
**30%**

AAP estimated that the annual health care costs associated with obesity-related issues in adolescents were approximately \$14 billion

**\$14B**

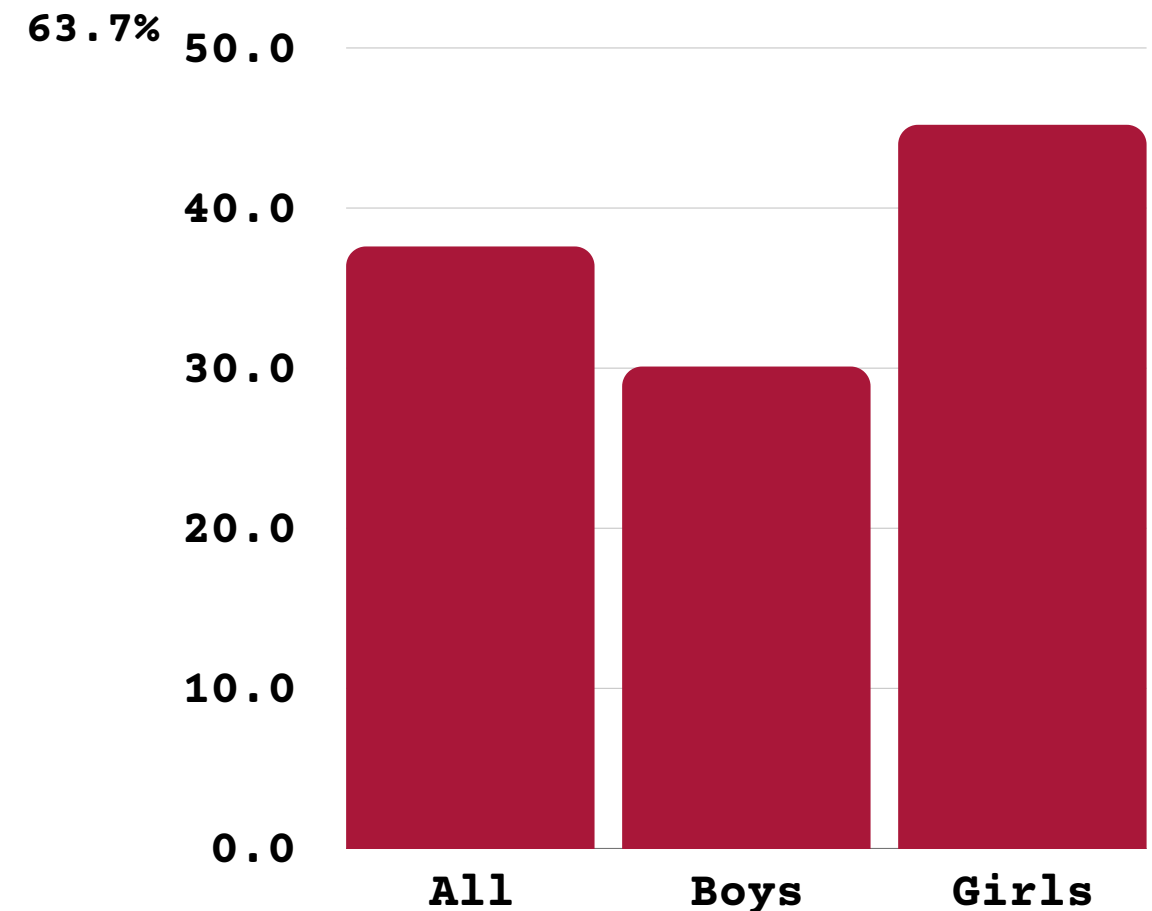


**A PREVALENCE OF FAST-FOOD CONSUMPTION COUPLED WITH LIMITED PHYSICAL ACTIVITY CONTRIBUTES TO THE OVERALL HEALTH CHALLENGES FACED BY TEENAGERS. THE COMBINATION OF A DIET HIGH IN FAST FOOD, OFTEN CHARACTERIZED BY EXCESSIVE CALORIES, SUGARS, AND UNHEALTHY FATS, ALONG WITH INSUFFICIENT EXERCISE, CREATES AN ENVIRONMENT CONDUCTIVE TO VARIOUS HEALTH ISSUES AMONG TEENS. ALTHOUGH MANY TEENS HAVE TRIED LOSING WEIGHT IN PAST, BUT VERY LESS COULD BE SUCCESSFUL DUE TO NOT HAVING PROPER TRAINING**



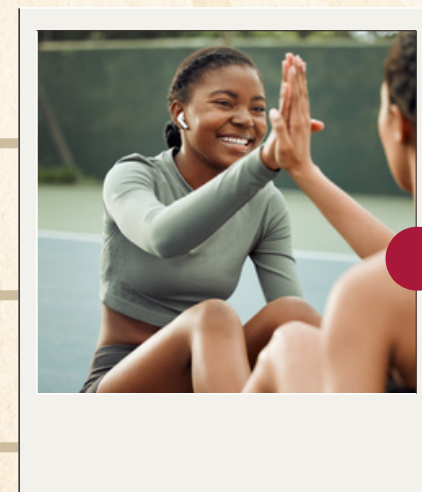
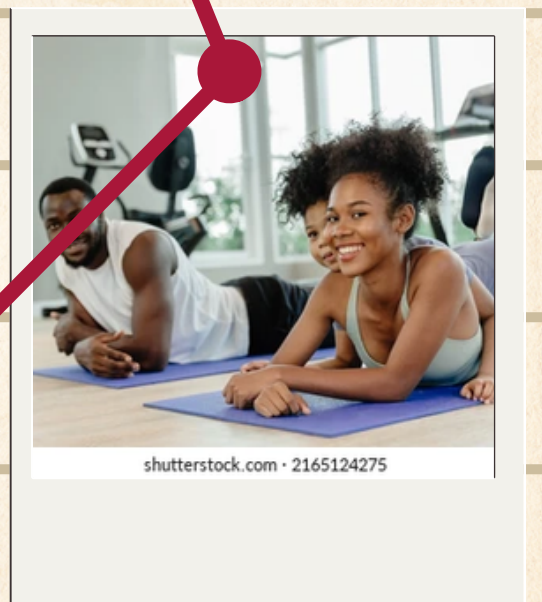
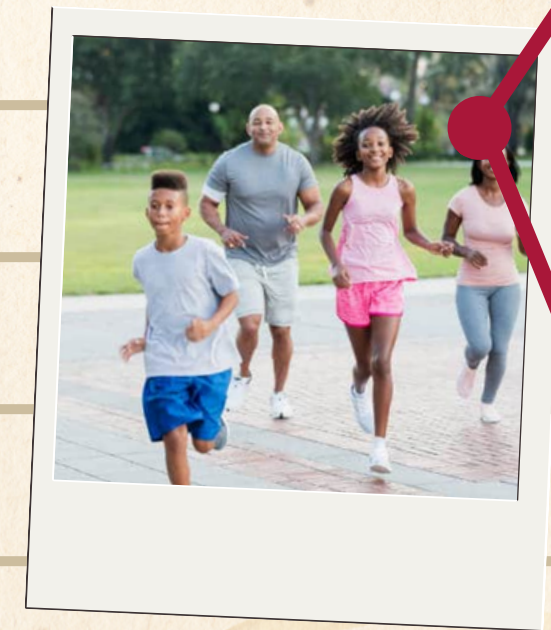
**Percentage of children and adolescents aged 2-19 years who consumed fast food**

**Percentage of adolescents aged 16-19 who tried to lose weight in the past year, by sex:**



# JUST 30 MINUTES OF EXERCISE A DAY CAN GIVE TEENS

- *Improved Cardiovascular Health*
- *Stronger Muscles and Bones*
- *Weight Management*
- *Enhanced Mood and Stress Reduction*
- *Improved Cognitive Function*
- *Establishment of Healthy Habits*
- *Discipline and Time Management Skills*
- *Social Interaction and Team Building*
- *Boosted Self-Esteem and Confidence*

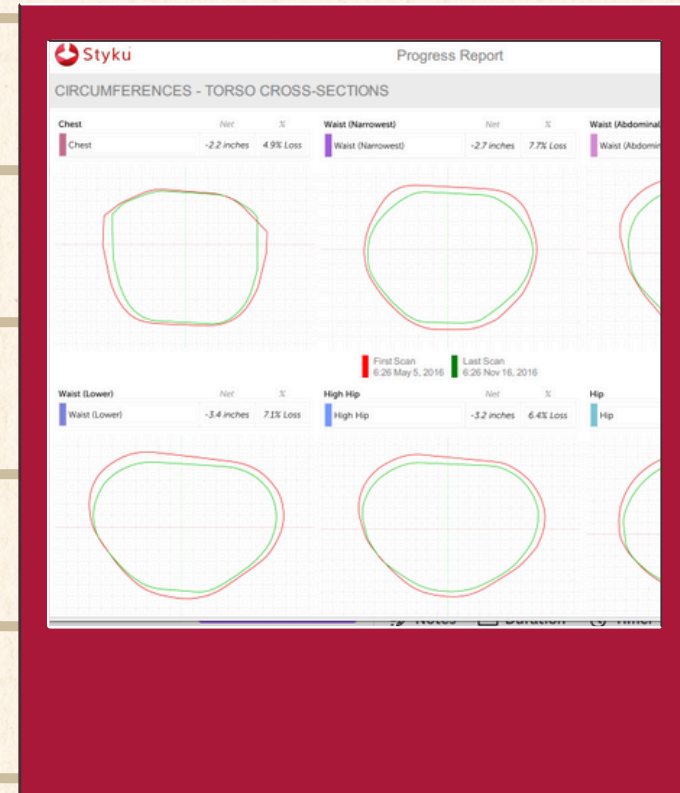


# Styku™ 3D BODY SCAN



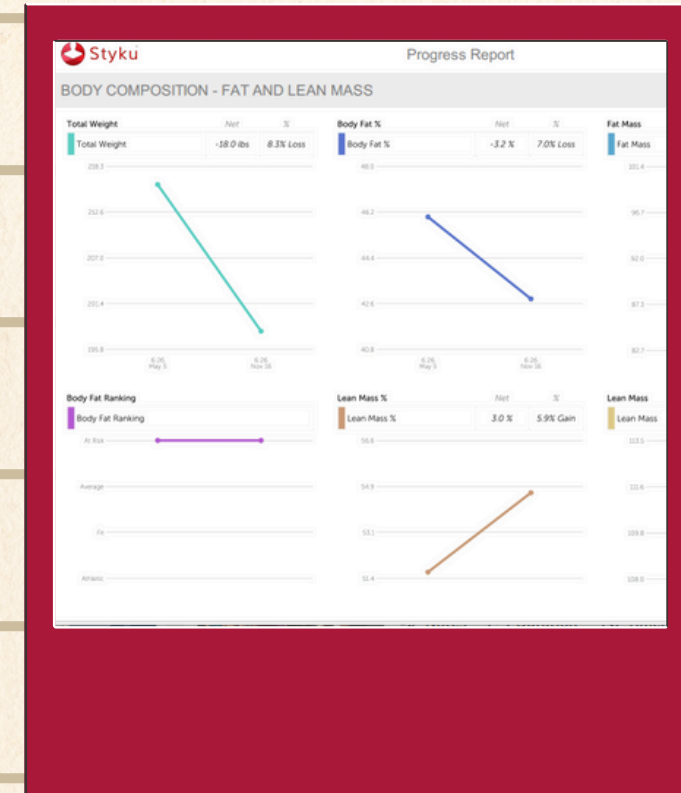
## WHAT IS STYKU? WHAT DOES IT MEASURE?

Styku uses 3D body scanning technology to measure body data and composition. By digitally measuring circumferences like hip, thigh, waist and bust, members can see where they are gaining muscle over time and how their body is changing with their fitness routine.



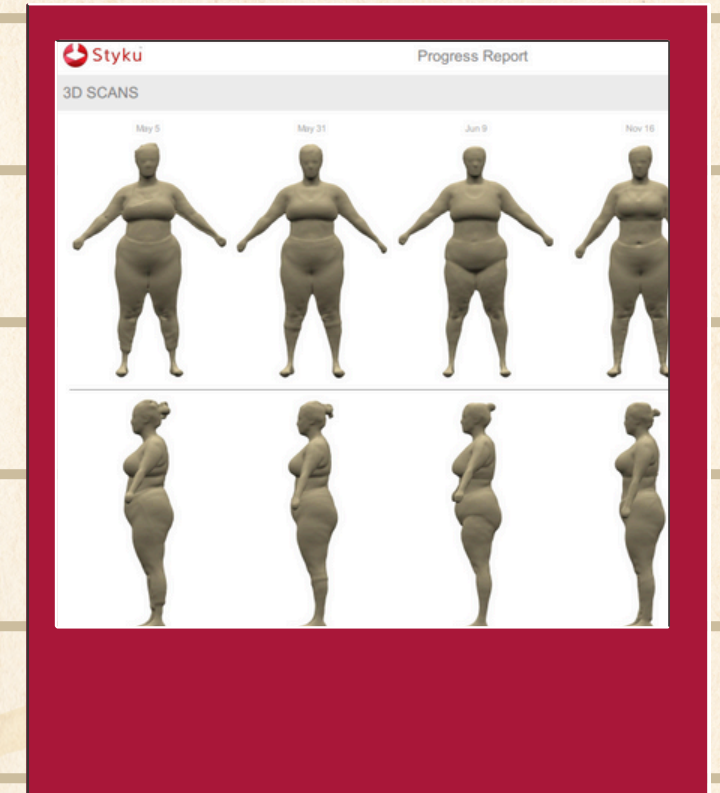
## HOW DOES STYKU FIT INTO AN OVERALL FITNESS GOALS?

Styku is an incredible tool because it gets you away from simply looking at the number on the scale. If your goals are strength building or fat burning, Styku can help motivate you and help you visualize the difference over time. It can be an emotional experience to see images of how your body is changing when you work hard and stay consistent, and we love how it makes your fitness about more than a just number!



## HOW OFTEN SHOULD I RECEIVE A STYKU ASSESSMENT?

With repeated assessments, members can monitor changes in their body shape and dimensions over time, seeing the results of their fitness routines and nutrition choices. Depending on your goals, we recommend doing a Styku assessment every 6-8 weeks with your trainer.



## ARE MY STYKU SCANS PRIVATE?

Styku scans are conducted in private spaces. You also have the option to have the trainer step out of the room while you scan for increased privacy during the actual scanning process (which takes under a minute).



# DOTFIT

## NUTRITION PROGRAM

DotFit is an online fitness and nutrition program that provides personalized coaching, a free fitness profile, and a supplement screener. The program offers guaranteed results, and is the only one approved by the National Academy of Sports Medicine. Monthly fees apply, but many features are accessible via mobile devices. The program includes thousands of videos and real-time results tracking.



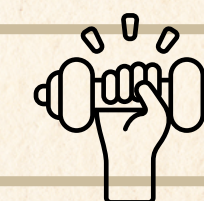
Over 70,000 foods  
in the database



Custom diet plans



Certified  
personal coach



Thousands of  
exercise videos

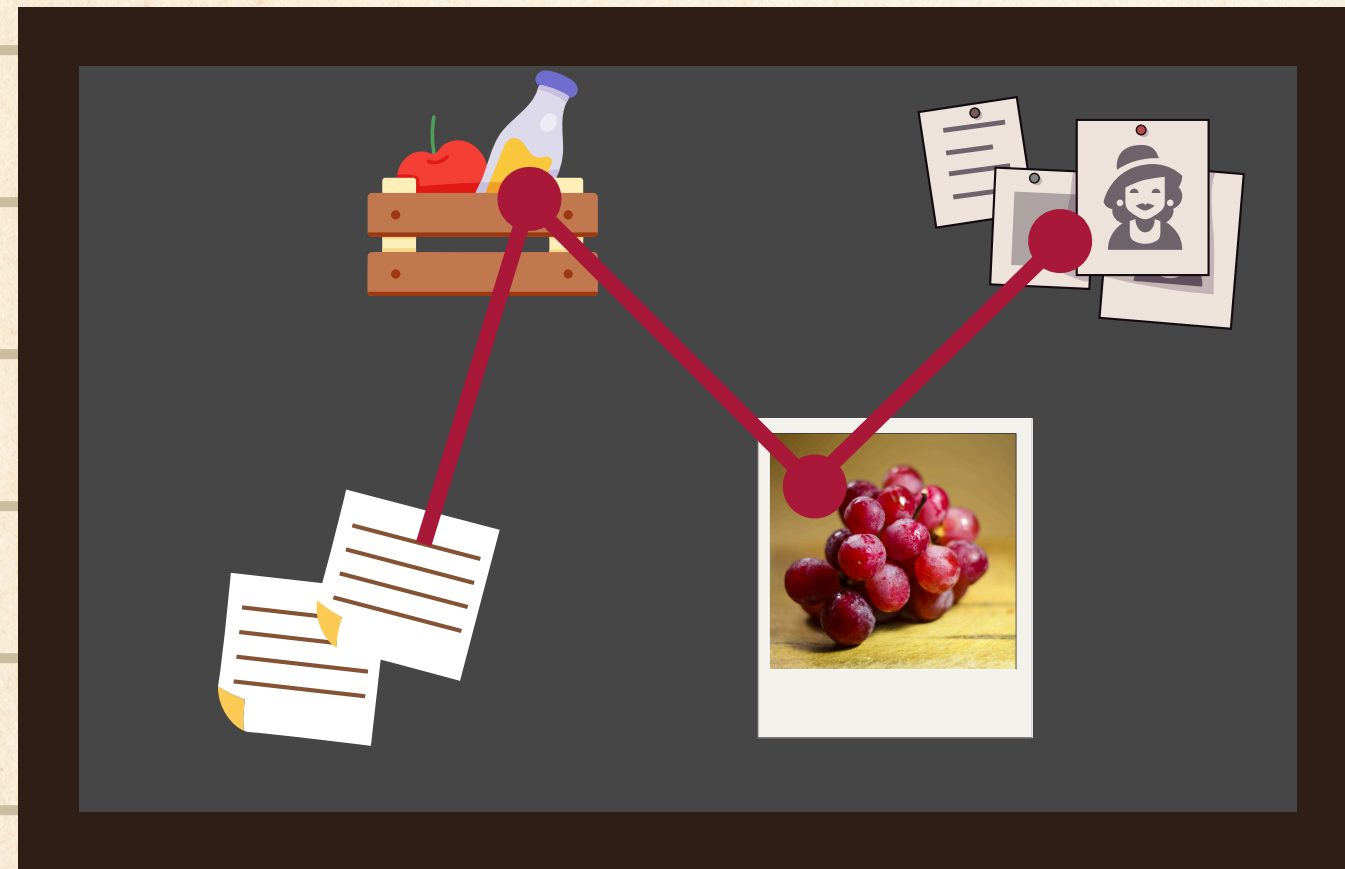


Healthy recipes



Discount on  
nutrition products





# DIET & NUTRITION

*Our diet program is tailor-made to suit your individual requirements, offering a variety of plans to select from. A user-friendly food logging system permits logging of all your meals. With over 50,000 foods available in the database, including numerous healthy recipes, you're sure to find foods to suit your preferences. The food log provides an overview of calories consumed during the day and the remaining amount. You need not be concerned with calorie counting; simply enter your meals, and the system will do the math for you. Your specific diet plan will align with your desired outcomes.*



# FIT CAMP TRAINING



**12 WEEK FITNESS & NUTRITION PROGRAM**

**2 STYKU BODY SCANS**

**EACH WORKOUT 60 MINS LONG**

**PERSONALIZED NUTRITION PROGRAM**

**3 WORKOUTS WEEKLY**

**DOFIT APP EXERCISE & FOOD TRACKER**

**CUSTOM MEAL PLANS**



**EMPOWERING TEENS TO  
MOVE, THRIVE, AND SHINE!**

Visit  
[www.yadakids.org](http://www.yadakids.org)  
for more details

