

# YADA

## YOUNG ARTIST

DEVELOPMENT ASSOCIATION

# FIT 2 TEACH

THE ULTIMATE FITNESS ROUTINE FOR TEACHERS



**As educators Wellness and Fitness seem to take a backseat, focusing on developing and educating the children.**

**But what we all may forget is that we have a responsibility to be healthier, in order too function at our best each day.**

**To achieve this goal, this starts with our personal lesson plan for fitness and health.**



**Developing healthy habits, begins with understanding your body and the way it functions. This process is similar too, understanding how to develop each student, to maximize the educational success**

**Over the next 12 weeks our purpose will be to**  
**“ Program Fitness as a Lifestyle ”**

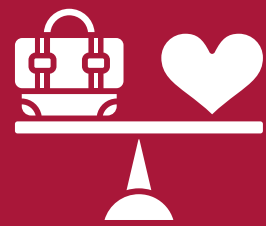


# WHY ARE TEACHERS AT RISK?



## Stressful work environment

Teaching can be a highly demanding and stressful profession. Teachers often face long working hours, heavy workloads, and high levels of responsibility. Dealing with multiple tasks, administrative duties, and the pressure to meet educational standards can contribute to stress and potentially impact their overall health.



## Lack of work-life balance

Achieving a healthy work-life balance can be challenging for many teachers. They often spend significant time preparing lessons, grading assignments, attending meetings, and participating in extracurricular activities. Balancing this workload with personal commitments and self-care can be difficult, potentially leading to poor health habits.



## Sedentary lifestyle

Teachers may spend a large portion of their day teaching in classrooms or sitting at their desks. This sedentary lifestyle can contribute to health problems such as weight gain, cardiovascular issues, and musculoskeletal disorders if not counterbalanced with regular physical activity.



## Exposure to illness

Teachers are frequently exposed to various germs and illnesses due to their proximity to students who may be carrying infectious diseases. This can put them at a higher risk of contracting communicable illnesses and experiencing repeated periods of illness.



## Limited access to healthy food options

Depending on the geographical location of their school, teachers may have limited access to nutritious food options. A lack of healthy food choices in school cafeterias or nearby areas can make it challenging for them to maintain a balanced diet.

**Teachers in the United States, like many other professionals, can face various health issues due to the demands and stressors of their job.**



### **Stress and Mental Health**

**61%**

of teachers reported that their work was always or often stressful, According to the American Federation of Teachers (AFT)

### **Burnout**

**38%**

of teachers reported high levels of job-related stress, according to a survey by The National Center for Education Statistics (NCES)

### **Work-Related Injuries**

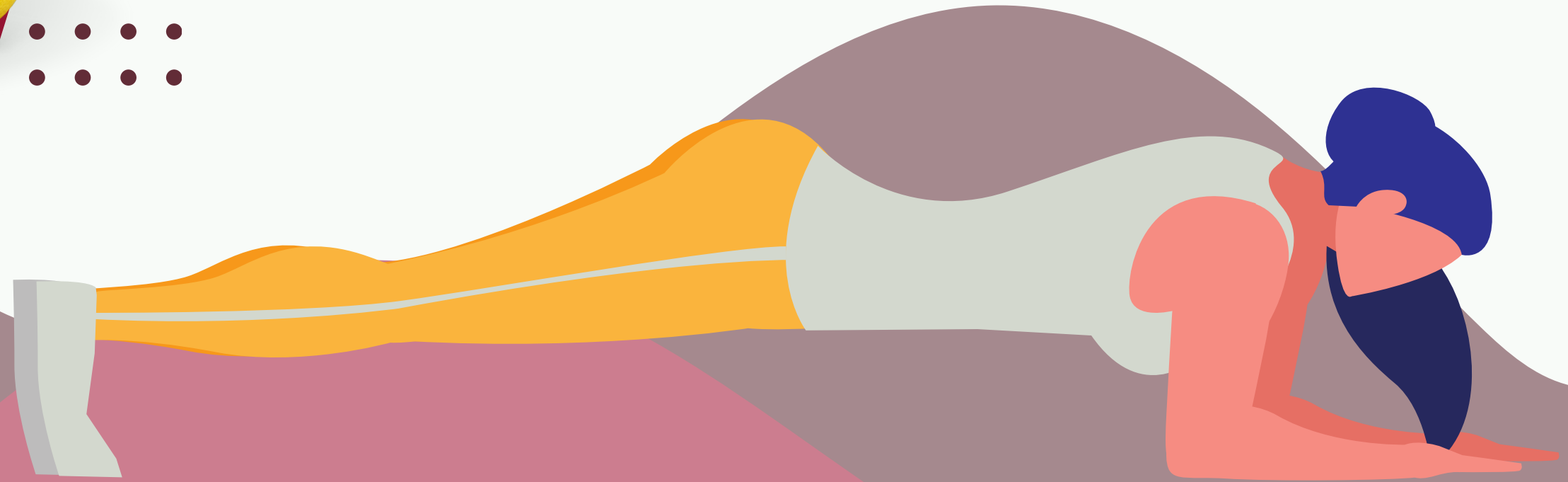
**125,700**

nonfatal occupational injuries and illnesses involving educational services workers. The Bureau of Labor Statistics reported.



**Do you ever feel that with all the demands on your time and energy as a teacher exercise is the last thing you can fit into your day?**

**You need super-human levels of energy and motivation to fit everything in your day already.**



# JUST 30 MINUTES OF EXERCISE A DAY CAN GIVE A TEACHER

Improved happiness levels

Improved Memory and Boosted Brainpower

Stress relief

An energy boost

Reduced feelings of depression  
and anxiety.

Increased self-confidence

Sense of fulfilment

Better performance at work

Reduced risk of heart disease

Longer life

Better sleep

Greater creativity

Increased immunity

Inspiration for others





# Styku<sup>TM</sup>

## 3D BODY SCAN







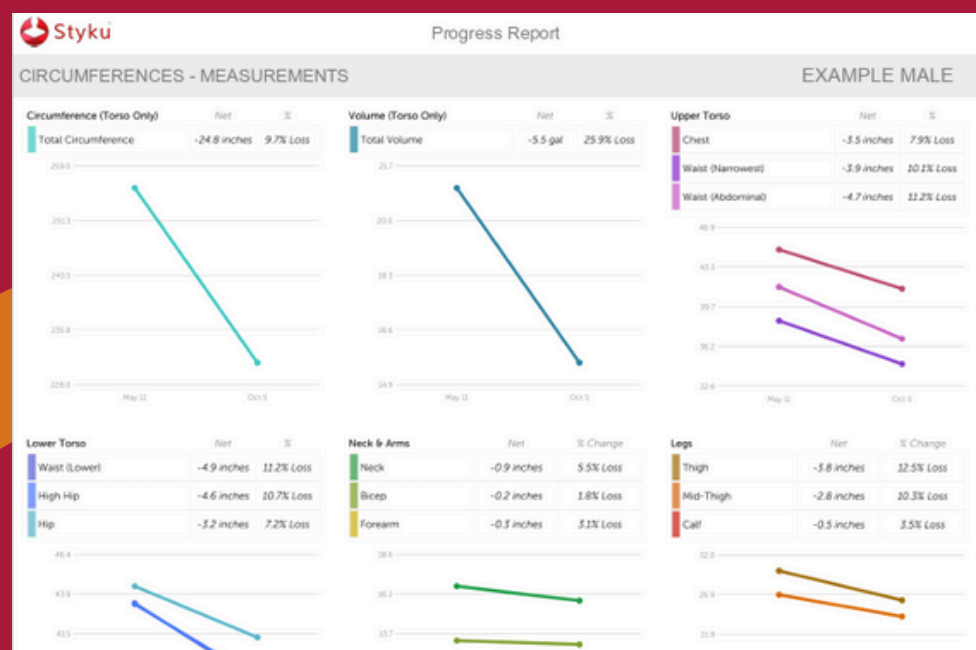
# STYKU 3-D BODY SCAN

## 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!

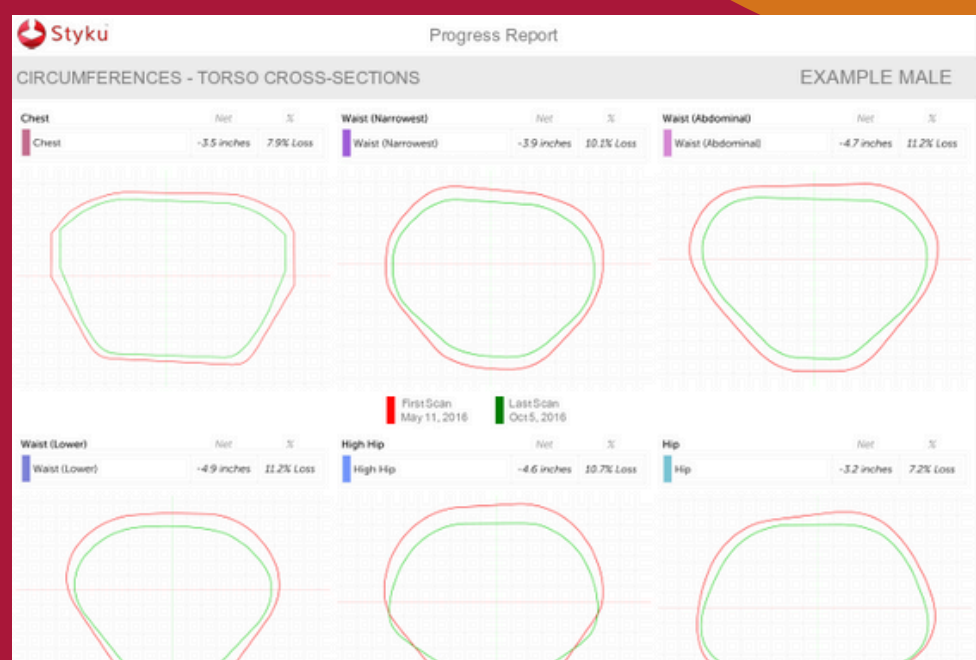


## How often should I receive a Styku assessment?

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 a program that offers a personalized online fitness and nutrition center.

When you get started, you fill out some information, receive a free fitness profile and receive a free supplement screener.

You will connect with a fitness coach and follow a program that offers you guaranteed results.

Dot Fit has Partnered with Y.A.D.A to improve your Nutrition and Fitness.

Many of the features are also available through your cell phone so that you can have the program with you wherever you go.

There are thousands of videos and up to the minute results that are captured and stored for you



Over 70,000  
foods in the  
database



Certified  
personal coach



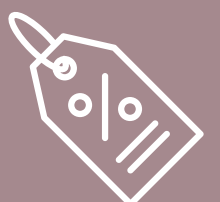
Healthy recipes



Custom diet  
plans



Thousands of  
exercise videos



Discount on  
nutrition  
products

# DIET & NUTRITION

**01.**

Your diet plan is customized to meet your needs and there are several to choose from.

The food log shows how many calories you have consumed for the day and how many you have remaining.

**04.**

**02.**

All your foods can be logged into the easy-to-use food logging system

You don't have to worry about counting the calories, you simply enter the foods, and the calories are counted for you

**05.**

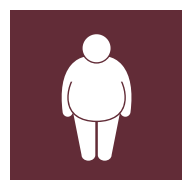
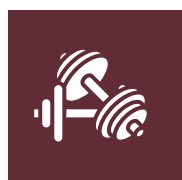
**03.**

There are over 50,000 foods available in the database and lots of healthy recipes

Your specific diet will depend on your personal goals.

**06.**

# FIT CAMP TRAINING



**12 Week  
Fitness &  
Nutrition  
Program**

**2 Styku Body  
Scans**

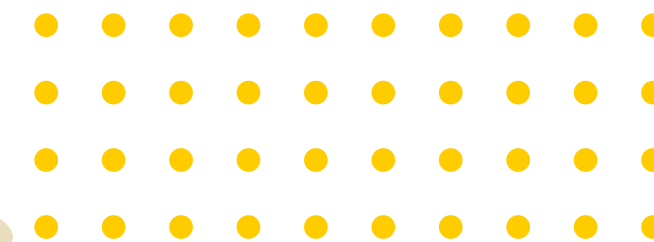
**3 Workouts  
Weekly**

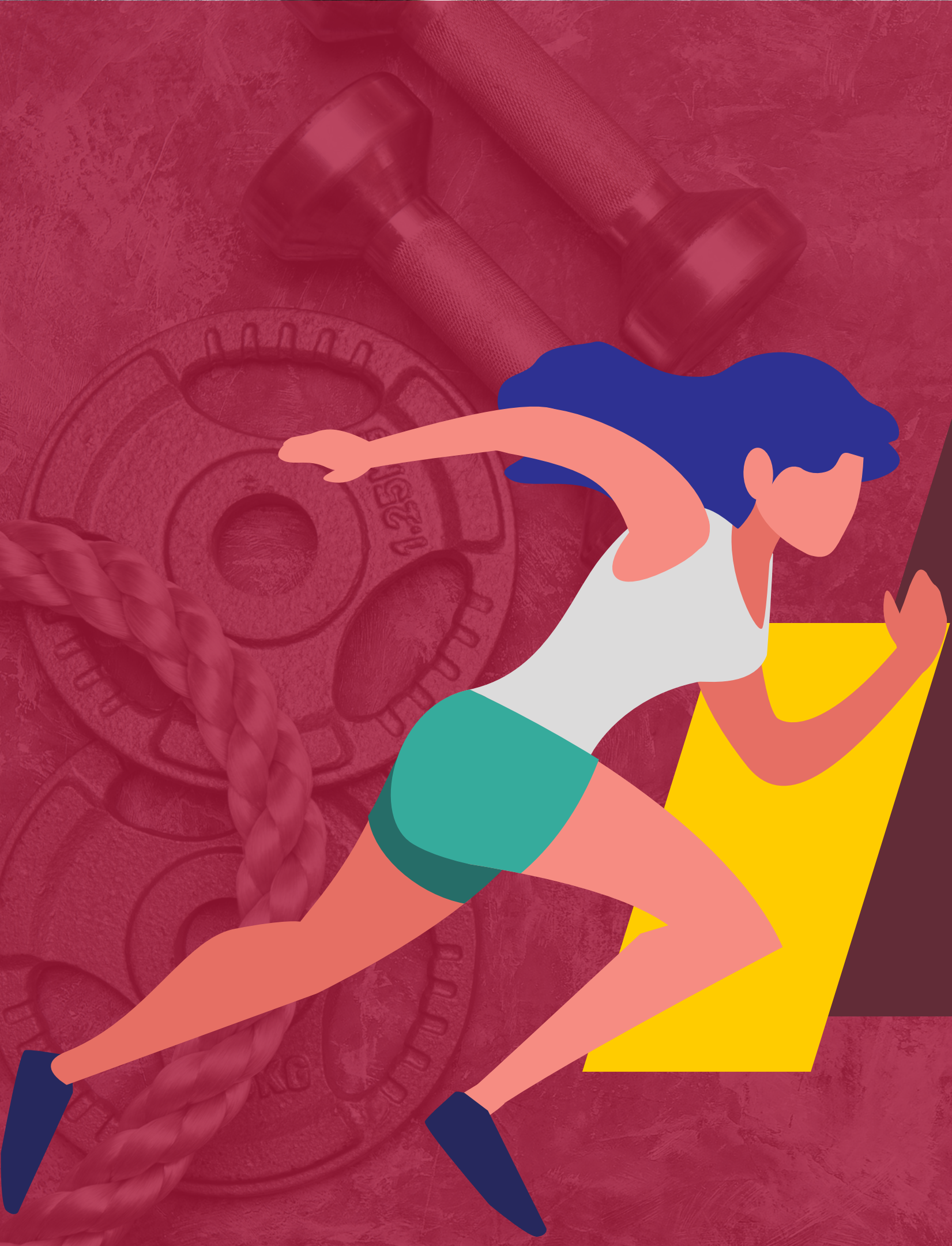
**Each  
Workout 60  
mins Long**

**DoFit App  
Exercise &  
Food Tracker**

**Personalized  
Nutrition  
Program**

**Custom  
Meal Plans**





# GET FIT TODAY!

**SIGN UP!**

Visit us on

**[www.yadakids.org](http://www.yadakids.org)**

for more details



THE SKY IS  
THE LIMIT

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