



# TRAINING MANUAL

Youth\_Fit\_For\_Life

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*We build strong kids, strong families, strong communities.*





1

## **General Guidelines**

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pg. 2

2

## **Cardiovascular Exercise Component**

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pg. 7

3

## **Strength Exercise Component**

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pg. 14

4

## **Behavioral Skills Component**

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pg. 27



## FITNESS FUNDAMENTALS

Youth fitness programs can be a good way for boys and girls to be physically active, be with friends, and feel good about themselves. Although the focus of most youth programs has traditionally been on sports performance, youth leaders should encourage children to participate in a *variety* of activities which develop cardiorespiratory and musculoskeletal fitness, and support an appropriate body weight. Included should be non-competitive, age-specific games and activities that keep everyone in class moving most of the time.

Unfortunately, next to sleeping, television viewing and video games (now referred to as "screen time") account for the greatest amount of leisure time during childhood. Youth leaders need to develop interventions that substantially increase the amount of time youth spend being physically active. Since most physical activity among youth occurs outside of the school setting, professionals who work with children after school are in a *unique* position to serve as positive role models and facilitators to enhance the health and well-being of children.

