

Creating a Healthier Generation- From Youth to Active Aging

An Exclusive One-Day Professional Symposium with Dr. Anthony J. Wall (ACE)

Join FITM and the American Council on Exercise (ACE) for an immersive full-day learning experience designed for fitness professionals who want to make meaningful impact across the lifespan- from empowering kids to move more to helping older adults live longer, stronger, and better.

Led by Dr. Anthony J. Wall, PhD, ACE's National Spokesperson and Global Wellness Ambassador, this symposium brings together four cutting-edge sessions on youth fitness, aging science, and behavior change—all backed by the latest evidence and global best practices.

1. **Creating a Culture for a Healthier Generation – Youth Fitness (60 mins)**
2. **Youth Fitness - Putting the 'Fun' into Fitness (75mins)**
3. **The Science of Aging and Exercise Programming for Older Adults (60mins)**
4. **Understanding behavior Change: Active Aging and the Importance of a Healthy Lifestyle (60mins)**

Creating a Culture for a Healthier Generation – Youth Fitness (60 mins)

Session 1 Outline

Our youth have become part of the global obesity epidemic. They can count at least one major cardiovascular disease as something they will grow up with. Being bullied, low self-esteem and a sense of hopelessness are an everyday reality for kids who are overweight or have obesity.

Now is the time to stress the importance of physical activity during childhood and adolescence. This session will discuss general youth fitness guidelines and explore the physiological and psychological impact of physical activity on youth. It will provide an overview of how to introduce activity to kids through a safe and effective program.

Key Learning Outcomes:

- Understand the key definitions and mechanisms associated with youth physical activity
- Understand and apply general youth fitness guidelines to a program
- Use basic training principles to design safe and effective programs to engage today's youth

Youth Fitness - Putting the 'Fun' into Fitness (75mins)

Session 2 Outline:

In less than a generation, our youth have become part of the global obesity epidemic. They can now count on at least one major cardiovascular disease as something they will grow up with. The challenges don't stop with their physical health. Program design for youth should consider the unique differences and maturation of kids.

This practical session will discuss the general youth fitness guidelines and explore program design using the ACE IFT model.

Key Learning Outcomes:

- Understand the key definitions and mechanisms associated with youth physical activity
- Understand and apply general youth fitness guidelines to a program
- Use basic training principles to design a safe and effective program

The Science of Aging and Exercise Programming for Older Adults (60mins)

Session 3 Outline:

Many older adults consider themselves healthy. They are able to carry out activities of daily living, live productive lives and for many maintain a competitive lifestyle. Others live a less fulfilling and low functioning lifestyle.

A progressive way to look at the aging process is to understand the aging process and learn how to adapt to circumstances. The focus for fitness professionals is to understand the roles exercise and physical activity play in reducing the risks associated with illness and age-associated disabilities.

This session will focus on the importance of health and exercise for the aging population. Following a review of the basic concepts of aging, strategies to ensure successful aging will be discussed.

Key Learning Outcomes:

- Explore the concepts of ageing
- Understand the general physiological characteristics of aging
- Discuss strategies for exercise in the aging population

**Understanding behavior Change: Active Aging and the Importance of a Healthy Lifestyle
(60mins)**

Session 4 Outline

People are living longer than ever before. However, a longer life doesn't necessarily mean a better life. How older adults stay active- physically, socially, and mentally, plays a crucial role in their overall quality of life.

This presentation explores how staying active and increasing quality of life are connected. We will explore why this link matters, what it means for your clients and you as we continue to live longer. The engaging session invites all of us to imagine what it means to age well and how physical activity can improve quality of life through the decades.

Key Learning Outcomes

- Identify the connection between physical activity and quality of life in older adults.
- Explain why maintaining activity across the lifespan is critical for successful aging and well-being.
- Discuss strategies that support clients in staying active to promote health, independence, and increase quality of life in later years.

Class Plan (1-Day Course 10am- 4pm)

Duration	Topics Covered
10am- 11am	Creating a Culture for a Healthier Generation – Youth Fitness (60 mins)
11am- 12:15pm	Youth Fitness - Putting the ‘Fun’ into Fitness (75mins)
12:15pm- 1:30pm	Lunch
1:30pm- 2:30pm	The Science of Aging and Exercise Programming for Older Adults (60mins)
2:30pm- 3:30pm	Understanding Behaviour Change: Active Aging and the Importance of a Healthy Lifestyle (60mins)
3:30pm- 4pm	Q&As

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

Course Nature (Category 3)

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry

Learning Materials

Digital course slide handouts following session

Pre-requisite

Participants should have a basic understanding of exercise science and training principles. This course is ideal for certified fitness professionals, personal trainers, physical education instructors, or individuals currently enrolled in a fitness certification program.

Awards

- The Certificate of Completion is awarded upon full attendance and completion of the course.

Grading Criteria / Exam Fee

N/A

Course Provider

American Council on Exercise

Since 1985, the American Council on Exercise (ACE) has been a global leader in health and fitness education. As the leading nonprofit certifying organization for exercise professionals and health coaches, ACE champions a mission to get people moving worldwide. For over 40 years, ACE has set the highest standards in the industry, collaborating with research institutions, policymakers, fitness leaders, and community organizations to advance public health through physical activity. Through its NCCA-accredited certifications, continuing education, and evidence-based resources, ACE empowers professionals to inspire people from all backgrounds to lead active, healthy lives.

Educator



Dr. Anthony J. Wall, PhD

National Spokesperson and Global Wellness Ambassador, American Council on Exercise (ACE)

Dr. Anthony J. Wall embodies the ACE mission by leading an active lifestyle and inspiring others through movement. A passionate runner and hiker, he and his wife are currently completing the 60 Hikes in San Diego challenge while balancing a travel- and fitness-filled life.

As ACE's National Spokesperson and Senior Leader for Global Business Development, Anthony oversees partnerships with educational institutions and international organizations to expand access to quality fitness education. He also represents ACE at global conferences, sharing insights and connecting with fitness professionals worldwide.

With over 25 years of industry experience, Anthony is an internationally recognized speaker and educator. He holds a Bachelor's degree from England, a Master's from San Diego State University, and a Doctorate from Concordia University Chicago, where his research focuses on motivation and exercise adherence in older adults.

CEC Points

ACE 0.1 CECs and ACSM 1.0 CEUs per session

Dress Code

Fitness Attire

What Do I Need to Bring?

Stationery and a spare change of clothes

Course Capacity

50 max

Language

English.

Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

Category 1: Health and Fitness Workshops	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non-fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it's important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p>
Category 2: Primary Certification Courses	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p>
Category 3: Continuing Education Courses	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u></p>

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	<p>These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Disclaimer — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
Category 4: Specialization Courses	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u> All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> Completed at least one of the following: FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification Completed the prior level (Category 3) of respective courses. Pass all exam components and meet the grading criteria. <p><u>What Each Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Specialist Certification — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p>Disclaimer — You are not certified in this topic or to perform the role, as</p>

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The information displayed above is correct during the time of publishing and may subject to change without prior notice.