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Fitness Pro Conventions



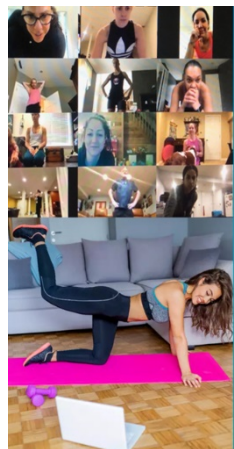
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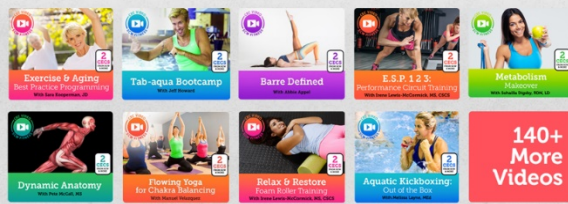
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II



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FACIAL NUTRITION & EXERCISE

Christine Conti, M.Ed., BA & Tricia Silverman RD, MBA

www.ContiFIT.com & www.TriciaSilverman.com

Session Description:

Learn how to have a more vibrant, nutritious, and fit face! Experience facial exercises that will strengthen muscles and boost confidence. Recognize the connection between exercise science and nutrition to enhance your face!

Outline:

- I. Welcome & Introductions
 - a. Christine-Background
 - b. Tricia-Background
- II. Facial Exercise & Myofascial Release Demonstration
- III. The Science of Facial Exercise
 - a. Elastin & Collagen
 - b. Fascia Tissue
 - c. Muscle Strength
 - d. Neuropathways & Muscle Memory
- IV. The Benefits
- V. What is Facial Nutrition
 - a. Internal vs External Factors
 - i. Diet
 - ii. Lifestyle
 - iii. Products
- VI. Nutrition Guidelines for Facial Vitality
- VII. Facial Exercise & Mindfulness Demonstration
- VIII. Closing Remarks/ Q & A