

SPECIAL NEEDS

FITNESS

MAGAZINE

SPECIALNEEDFITNESSMAGAZINE.COM

SUMMER 2025
DIGITAL EDITION

LOOK INSIDE

FREE
CORE FLOOR
EXERCISE
WORKOUTS
FOR
BEGINNERS

PILATES ON A MAT

FOR ALL ABILITIES

MEAL PLANNING

GOOD VS. BAD FOODS

THE TRAFFIC LIGHT FOOD SYSTEM

DANCE AN
EXPRESSION OF
LIFE

OKLAHOMA **HERE WE COME!**

DISCOVER OUR EXCITING UPCOMING VENTURE INSIDE



A word from Yomi Karade, Inclusive Health & Wellness Coach and Publisher



It's finally here!

Welcome to Special Needs Fitness Magazine, Summer 2025 Edition

In this issue, we delve into the advantages of dancing, and explore foods categorized as “good” and “bad” based on the traffic light food system. In our Spotlight on Oklahoma, we are excited to present our new inclusive health and wellness project, **Trans4m Nation LLC** in Oklahoma. This initiative is designed to provide accessible fitness and wellness opportunities for everyone, cultivating an environment where all individuals can participate and flourish. Find out how you can get involved.

I am absolutely delighted to have you here to enjoy this issue!

A handwritten signature in black ink, appearing to read 'Yomi Karade'. The signature is stylized and fluid.

Contents



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Disclaimer

Special Needs Fitness Magazine is not responsible for any errors or omissions in the content provided. All information in this publication is intended for educational purposes only and should not be viewed as a substitute for professional advice. Readers are encouraged to consult with a qualified healthcare provider for any specific concerns or inquiries regarding fitness and health. The opinions expressed in the articles are those of the authors and do not necessarily reflect the official policy or position of Special Needs Fitness Magazine.

We strive to support and inspire individuals with special needs on their fitness journeys by offering insightful articles, expert tips, and motivational stories. Thank you for being a valued member of our community.

The Art of Movement	4
Dance Tips	5
Good vs Bad Foods	6
Spotlight on Oklahoma	9
Inclusive Health and Wellness Programs coming to Tulsa	10
Fitness	13
Work that Core	
Pilates on a Mat	16
Behavior Management	18
Meltdown or a Tantrum?	

TOP PROGRAMS FOR ADULTS WITH DISABILITIES **OUR PICK**

Pathways Adult Learning Center a nonprofit organization located in Tulsa, Oklahoma, dedicated to enriching the lives of adults with intellectual disabilities through educational and supportive programs.

Pathways Adult Learning Center is located at

4102 E 61st St, Tulsa, OK 74136
918-859-0060.

<http://pathwaysok.org/>

The Art of Movement



Dance: A Universal Language of Emotion and Connection

Dance is an expression of life,

a celebration of rhythm and motion that captivates the spirit and stimulates the senses.

There are a myriad ways of how dance enriches our lives, from the exhilarating beats that drive us to move, to the serene moments of stillness that punctuate each performance.

In addition, dance transcends mere movements; it serves as a compelling form of storytelling that expresses emotions and experiences that words often cannot. It has the remarkable ability to unite communities. Regardless of your skill level, there is something in the realm of dance that resonates with everyone. This is why incorporating dance into your routine is essential, especially for individuals with disabilities.

Types of Dances for Individuals with Varying Abilities

Here are some types of dances that cater to individuals with varying abilities, ensuring that everyone can experience the joy of movement.

T

- 1. **Adaptive Dance:** This form is specifically designed to be inclusive, often tailored to accommodate dancers with disabilities. It focuses on adapting traditional dance techniques to suit the needs of participants, making dance accessible to all.
- 2. **Wheelchair Dance:** A beautiful expression of movement that is performed using wheelchairs, this style allows individuals to experience the fluidity and rhythm of dance. It can be performed solo, in pairs, or in groups, often incorporating the unique movements that wheelchairs can offer.
- 3. **Seated Dance:** Perfect for those who may have limited mobility, seated dance allows participants to enjoy the rhythm and expression of dance from a seated position. This style emphasizes upper body movements and can be adapted to various music genres.
- 4. **Sign Language Dance:** This innovative style combines sign language with dance, creating a harmonious blend of visual storytelling and movement. It allows individuals who are deaf or hard of hearing to express themselves through dance while also engaging with music through its vibrations.
- 5. **Sensory Dance:** Designed for individuals on the autism spectrum or those with sensory processing disorders, sensory dance focuses on creating a calming and structured environment. This style often incorporates sensory-friendly music and movements to promote relaxation and enjoyment.

Ultimately, the world of dance is vast and welcoming, with endless opportunities for self-expression and creativity. Whether through adaptive programs or innovative styles, everyone can find a place in the dance community where they feel empowered and inspired.

Dance Tips

- Warm Up: Always start with a warm-up to prepare your body and prevent injuries.
- Posture and Alignment: Maintain good posture and alignment to enhance your movements.
- Listen to the Music: Connect with the rhythm and let it guide your movements.
- Practice Regularly: Consistent practice is key to improving your skills.
- Remember, have fun! Enjoy the process and express yourself through dance!

Meal Planning

Good



Bad



Good vs. Bad Foods

The Traffic Light System of Nutrition

The traffic light system is a simple yet effective way to guide your food choices, promoting a balanced and nutritious diet. The concept categorizes foods into three groups: green, yellow, and red, just like a traffic light.

The Traffic Light System of Nutrition



Green Light Foods: These are your go-options, packed with nutrients and health benefits. Think leafy greens, colorful vegetables, whole grains, lean proteins, legumes, and fresh fruits. These foods should make up the majority of your diet as they support overall health and well-being.

Examples of Green Light Foods

- **Leafy Greens:** Spinach, kale, and swiss chard
- **Colorful Vegetables:** Carrots, peppers, and tomatoes
- **Fresh Fruits:** Strawberries, blueberries, oranges
- **Lean Proteins:** Chicken breast, turkey, fish, and quinoa
- **Whole Grains:** Brown rice, oats, rye, and sorghum
- **Legumes:** Beans, lentils, and pigeon peas



Yellow Light Foods: These are foods that can be enjoyed in moderation. They offer some nutritional benefits but might also contain added sugars, fats, or sodium. Examples include starchy vegetables, dried fruits, and certain dairy products. It's important to be mindful of portion sizes with these foods.

Examples of Yellow Light Foods

- **Vegetables:** White Potatoes, corn (NON GMO)
- **Dried Fruits:** Grapes, Prunes, Raisins, Pineapples
- **Whole Grains:** White rice, whole wheat pasta and bread
- **Dairy/Non Dairy:** Tofu soymilk, yoghurts, cheese (no GMO)



Red Light Foods: These are foods best consumed sparingly, as they tend to be high in calories, unhealthy fats, and sugars, offering minimal nutritional value. Examples include sugary snacks such as candy, french fries and other fried foods, and processed foods. While it's okay to indulge occasionally, these foods should not be a regular part of your diet.

Examples of Red Light Foods

- **High Calorie Beverages :** Soda/ Fruit Juices with added sugars
- **Processed /Fried Foods & Vegetables:** Potato and veggie chips/ fries, hot dogs, Hamburgers
- **Processed Meats:** Cold Cuts Turkey, ham, beef

Good vs Bad Foods

By using this traffic light system, you can make informed choices that contribute to a healthier lifestyle, ensuring that your meals are both satisfying and nourishing.

Tips for Success

Embracing the traffic light system can be a transformative step towards better nutrition. Here are some tips to help you make the most of it:

- **Plan Ahead:** Meal planning can help you incorporate more green light foods into your diet. Create a weekly menu that prioritizes fresh, whole and organic ingredients.
- **Read Labels:** When shopping, take a moment to read food labels. Look for minimally processed products with minimal added sugars, unhealthy fats and oils, preservatives, or sodium to ensure they fit into the green or yellow categories.
- **Portion Control:** Even with yellow light foods, practice portion control to maintain a balanced diet. Use smaller plates or measuring cups to help manage serving sizes.
- **Grow Your Own:** Grow your own vegetables and starting a small herb or vegetable garden can be a wonderful way to reconnect with nature and understand where your food comes from.
- **Experiment with Recipes:** Try new recipes that highlight green light foods. This can make healthy eating more exciting and help you discover delicious new meals.
- **Mindful Eating:** Pay attention to your body's hunger and fullness cues. Eating mindfully can help you enjoy your food more and prevent overeating, especially with red light foods.
- **Stay Hydrated:** Sometimes thirst can be mistaken for hunger. Make sure to drink plenty of water or fresh coconut water throughout the day to support overall health.



By adopting these strategies, you can successfully implement the traffic light system to inform your food selections, promoting a healthier and more balanced lifestyle. Keep in mind that the aim is progress rather than perfection, so be gentle with yourself throughout this journey. Focus on ensuring that what you place on your plate is nutritious.

The traffic light system may not be suitable for everyone, particularly for individuals with specific dietary restrictions, gastrointestinal concerns, allergies and sensitivities, food intolerances, or medical conditions. However, seeking advice from a meal planning coach or a registered dietitian/nutritionist can offer tailored guidance and recommendations.

Spotlight on

OKLAHOMA

Oklahoma is a state rich in history, culture, and natural beauty. Nestled in the heart of the United States, it offers a unique blend of Native American heritage, cowboy culture, and thriving urban centers. Oklahoma is a place like no other.

A Tapestry of Cultures

One of the most compelling aspects of Oklahoma is its rich cultural tapestry. With 39 distinct Native American tribes, the state is a living museum of indigenous traditions and histories. From the intricate beadwork of the Cherokee Nation to the powerful storytelling of the Choctaw, these cultures offer deep insights into the land and its people. Attending a powwow or visiting one of the many tribal museums provides a profound appreciation for the resilience and creativity embedded in Oklahoma's foundations.

Natural Wonders



Beyond its cultural wealth, Oklahoma boasts breathtaking natural landscapes. The rolling plains of the Tallgrass Prairie Preserve, the rugged beauty of the Wichita Mountains, and the serene waters of Broken Bow Lake illustrate the state's diverse topography. Whether hiking through ancient forests or observing the abundant wildlife, every corner of Oklahoma invites exploration and inspires awe.



TOP PROGRAMS FOR ADULTS WITH DISABILITIES

OUR PICK

A New Leaf

offers programs aimed at fostering independence and employment for adults with developmental disabilities and autism, including the Hardesty Transition Academy and horticulture skills training.

Call (918) 451-1491

**Mailing Address: PO BOX
2370 Owasso, OK 74055**

www.anewleaf.org

Spotlight on Oklahoma

Urban Adventures

In contrast to its natural beauty, Oklahoma's cities offer vibrant and dynamic experiences. Oklahoma City and Tulsa are hubs of innovation and creativity, where art deco architecture meets modern skyscrapers. The revitalized downtown areas, with their bustling arts districts, eclectic eateries, and live music scenes, highlight the state's forward-thinking spirit. Whether you're indulging in a culinary delight at a local diner or attending a concert at the historic Cain's Ballroom, there's always something happening in Oklahoma's urban centers.



African-Americans have profoundly shaped Oklahoma's history by establishing all-black towns, participating in the Civil War, and excelling in various sectors. Their resilience is evident from the Trail of Tears to thriving communities like Boley and Langston.

The Greenwood Massacre in 1921, which destroyed the prosperous "Black Wall Street," stands as a somber reminder of racial injustice and genocide marked a tragic chapter, yet the survivors' determination has fostered a legacy of rebuilding. Today, the Greenwood District symbolizes community strength, with initiatives like the Greenwood Cultural Center and Juneteenth celebrations honoring the past while promoting progress and unity, inspiring future generations.

Disability Resources
Developmental Disabilities Services (DDS)
serves persons ages 3 and up who have a
primary diagnosis of intellectual
disabilities.

Phone: (405) 522-5050

Email: TelDDS@okdhs.org

Mailing Address PO Box 25352

Oklahoma City, OK 73125-0352

<https://oklahoma.gov/okdhs/services/dds.html>

Spotlight on Oklahoma



Tulsa, Oklahoma, here we come!

This June, Yomi's Inclusive Health and Wellness Programs will be established in Tulsa, Oklahoma, aiming to make a positive difference in the health and well-being of both individuals and the wider community.

The lively city, celebrated for its deep cultural roots and welcoming vibe, serves as the perfect setting for the debut of her new venture, Trans4m Nation LLC.

Participants can look forward to a range of fitness, restorative, and skill-challenging classes and events designed to promote holistic well-being, inclusivity, and a strong sense of community. This month, to kick off this initiative, Yomi will be hosting a fun complimentary Zumba class for students at Pathways Adult Learning Center in Tulsa

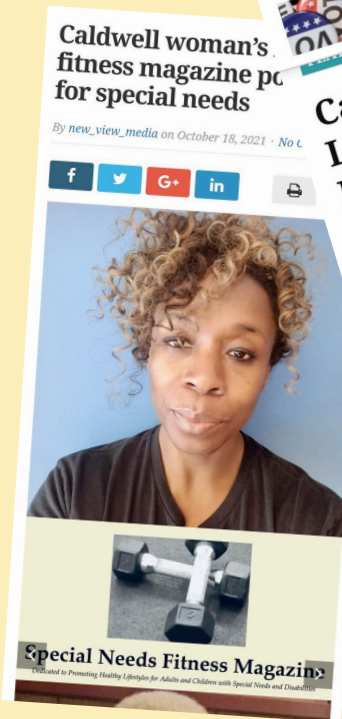
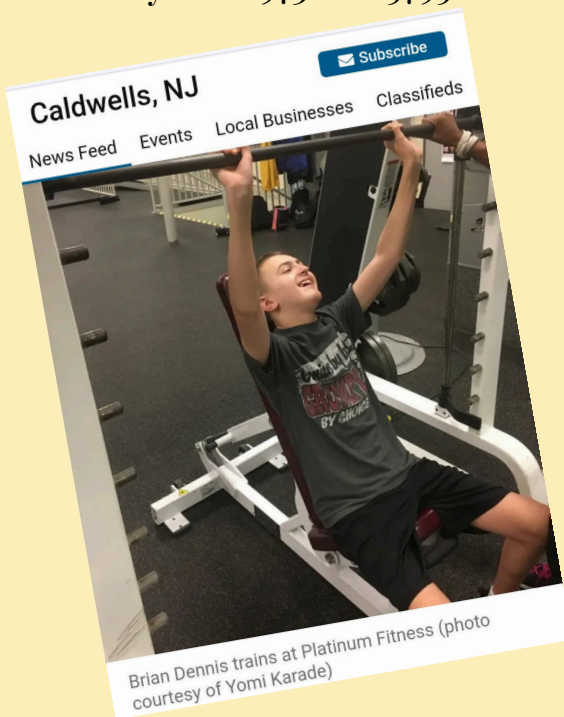
Yomi brings her vast experience in fitness and wellness from New Jersey, the Dominican Republic, and England to Oklahoma, contributing to a shared goal of a healthier and more inclusive future.

Spotlight on Oklahoma

Trans4m Nation LLC is designed to inspire and empower individuals from diverse backgrounds through:

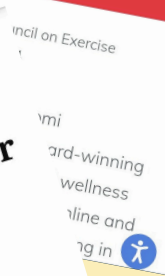
- **Personal and Group Fitness Training**
- **In Person and Online Classes via Zoom**
- **Zumba Dance and Movement**
- **Pilates with Strength Training**
- **Relaxation & Meditation**
- **Meal Preparation and Planning Coaching**
- **Behavior Management Coaching**
- **Cardio-Kickboxing**
- **Creative Arts - Drawing, Painting, Movement, Poetry and much more**

Whether you're a local resident, group, day program, or want to connect anywhere in the world via zoom, allow Yomi's Trans4mNation guide you to become a better version of yourself and contribute to a healthier community. Call 973 820 5795



Media Coverage

Over the years, Yomi's dedication to fitness within the special needs community has attracted recognition from local media, highlighting the awards received and the positive impact made on participants.



Let's talk **FITNESS**



Fitness

FREE
CORE FLOOR
EXERCISE
WORKOUTS
FOR BEGINNERS

CORE STRENGTH BASE LEVEL (FLOOR) TRY TO COMPLETE ALL EXERCISES

- ONE WORKOUT SERIES PER MONTH
- 2 - 3 TIMES A WEEK
- WORK UP TO 3 SETS OF EACH WORKOUT SERIES
- 10-12 REPS
- EQUIPMENT: MAT, PILLOW
- WEAR COMFORTABLE GYMWEAR AND SNEAKERS.
- HAVE WATER AND A TOWEL AVAILABLE AT ALL TIME

FLOOR WORKOUT SERIES #1 2 OR 3 TIMES A WEEK

CRUNCHES
KNEES TO CHEST
UPRIGHT CROSS PUNCHES
FULL BASIC SIT UPS

Emphasizing Core Strength in Your Exercise Routine

Core exercises are crucial for everyone, especially individuals with disabilities, as they enhance posture, stability, and balance, which are vital for daily activities and mobility. A strong core aids in functional movement and reduces injury risk. Prioritizing core strength can significantly improve overall well-being and independence. We have created a three-part core strength exercise for you to do, whether at home or in any other comfortable setting. We recommend that you consult a healthcare professional before starting any exercise.



Model: Kofi performing crunches

Floor Workout Series #1 To Perform Floor Crunches:

*Make sure you make your way down to the floor safely.
If necessary, have someone available to assist you.*

1. **Starting Position:** Lie on your back on a mat, knees bent, feet flat, and arms crossed or behind your head.
2. **Engage Core:** Tighten your abdominal muscles by pulling your belly button towards your spine.
3. **Lift Shoulders:** Raise your shoulders a few inches off the ground using your abs, keeping your lower back on the floor and chin slightly tucked.
4. **Hold Position:** Pause at the top, squeezing your core and exhaling.
5. **Lower Down:** Slowly return to the starting position while inhaling, maintaining core engagement.
6. **Repetitions:** Aim to perform 10–12 controlled reps for effectiveness and safety.

Maintain a steady pace, listen to your body, and stop if you feel discomfort. Consistency will strengthen your core.

FREE
CORE FLOOR
EXERCISE
WORKOUTS
FOR BEGINNERS

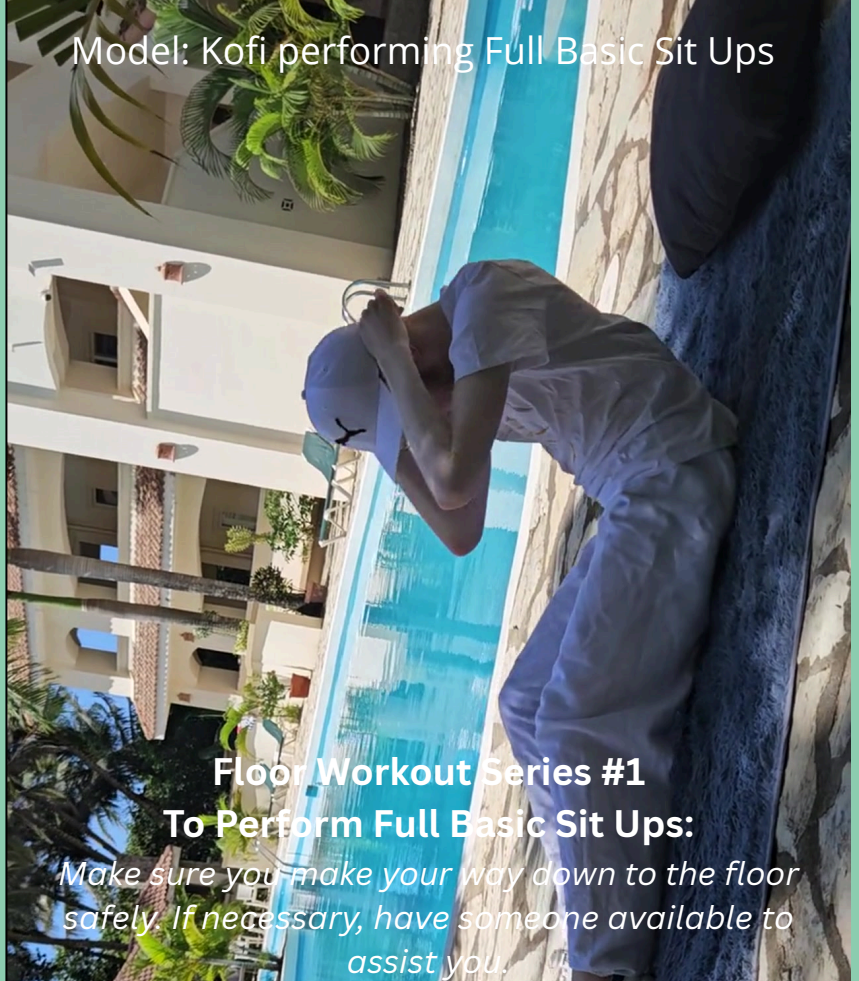
**CORE STRENGTH
BASE LEVEL (FLOOR)
TRY TO COMPLETE ALL
EXERCISES**

- ONE WORKOUT SERIES PER MONTH
- 2 - 3 TIMES A WEEK
- WORK UP TO 3 SETS OF EACH WORKOUT SERIES
- 10-12 REPS
- EQUIPMENT: MAT, PILLOW
- WEAR COMFORTABLE GYMWEAR AND SNEAKERS.
- HAVE WATER AND A TOWEL AVAILABLE AT ALL TIME

**FLOOR WORKOUT
SERIES #2**
2 OR 3 TIMES A WEEK
BICYCLE KICKS
SIDE TWISTS
BIRD DOG 1
PLANK

Emphasizing Core Strength in Your Exercise Routine

Model: Kofi performing Full Basic Sit Ups



Floor Workout Series #1

To Perform Full Basic Sit Ups:

Make sure you make your way down to the floor safely. If necessary, have someone available to assist you.

1. Lie on your back with knees bent and feet flat.
2. Support your head with your hands without pulling on your neck.
3. Engage your core as you sit up, using abdominal muscles. Try and keep your feet on the floor if you can.
4. Breathe evenly throughout the exercise.
5. Maintain a steady pace and listen to your body.
6. Stop if discomfort arises.
7. Consistent practice strengthens your core and improves endurance.
8. Benefits daily activities and health.

Stay motivated and celebrate your progress, no matter how small.

Floor Workout Series #2

To Perform the Bird Dog:

Make sure you make your way down to the floor safely. If necessary, have someone available to assist you.

FREE
CORE FLOOR
EXERCISE
WORKOUTS
FOR BEGINNERS

**CORE STRENGTH
BASE LEVEL (FLOOR)
TRY TO COMPLETE ALL
EXERCISES**

- ONE WORKOUT SERIES PER MONTH
- 2 - 3 TIMES A WEEK
- WORK UP TO 3 SETS OF EACH WORKOUT SERIES
- 10-12 REPS
- EQUIPMENT: MAT, PILLOW
- WEAR COMFORTABLE GYMWEAR AND SNEAKERS.
- HAVE WATER AND A TOWEL AVAILABLE AT ALL TIME

**FLOOR WORKOUT
SERIES #3
2 OR 3 TIMES A WEEK**

BIRD DOG 2
ELBOW PLANK
LAT STRETCH - I T Y
THE BRIDGE
V HOLDS



Model: Kofi performing the Bird Dog 1

1. **Starting Position:** Begin on all fours on a mat, placing your hands directly under your shoulders and your knees under your hips. Keep your spine neutral and your gaze toward the floor.
2. **Engage Core:** Tighten your abdominal muscles to stabilize your spine and ensure a strong core throughout the movement.
3. **Extend Opposite Limbs:** Simultaneously extend your right arm forward and your left leg straight back, keeping them parallel to the floor. Your arm should be in line with your shoulder, and your leg should align with your hip. It's ok if you wobble.
4. **Hold:** Maintain this position for five seconds, focusing on balance and control. Ensure that your hips remain square to the floor and avoid arching your back.
5. **Return to Starting Position:** Repeat 5-10 times.
If you are able to slightly raise your hand or just your leg in the air, you are doing great. Just keep trying. Practice makes perfect.



Model: Kofi performing the Bird Dog 2

**Floor Workout Series #3
To Perform the Bird Dog 2:**

Make sure you make your way down to the floor safely. If necessary, have someone available to assist you. First, return to starting position: Slowly bring your arm and leg back to the starting position, maintaining stability and control.

If you need extra support or guidance from a certified personal trainer for these core exercises or any other fitness training classes, don't hesitate to schedule your next Personal or Group Fitness Training Session with Yomi.
Call: 973-820-5795
Email: info@specialneedsfitness.com
Both in-person (limited spaces) and online classes are available!

- 1. Repeat on the Other Side:** Extend your left arm and right leg, holding the position for the same amount of time before returning to the starting position.
- 2. Repetitions:** Complete 10-12 reps on each side for a balanced workout or as best as you can.

This exercise not only enhances core stability but also improves coordination and balance, making it an excellent addition to any fitness routine.

Remember that your safety is paramount. Always listen to your body and modify movements as needed to prevent injury. Start with a warm-up to prepare your muscles and joints for exercise, and cool down afterwards to help your body recover. If you're unsure about any exercise, consider working with a certified fitness professional who can provide personalized guidance and adjustments tailored to your needs. Stay hydrated and maintain a nutritious diet to support your fitness journey. Celebrate your progress, no matter how small, and remember that consistency is key to achieving your goals.



ZUMBA[®]
FITNESS

INCLUSIVE

MOVEMENT AND FUN

WITH YOMI

973 820 5795

ONLINE AND IN-PERSON

**Let's
party!**



PILATES

Pilates on a Mat

Have you considered trying Pilates on a mat but felt uncertain about what to anticipate or whether the instructor could accommodate your specific needs?

Pilates on a Mat

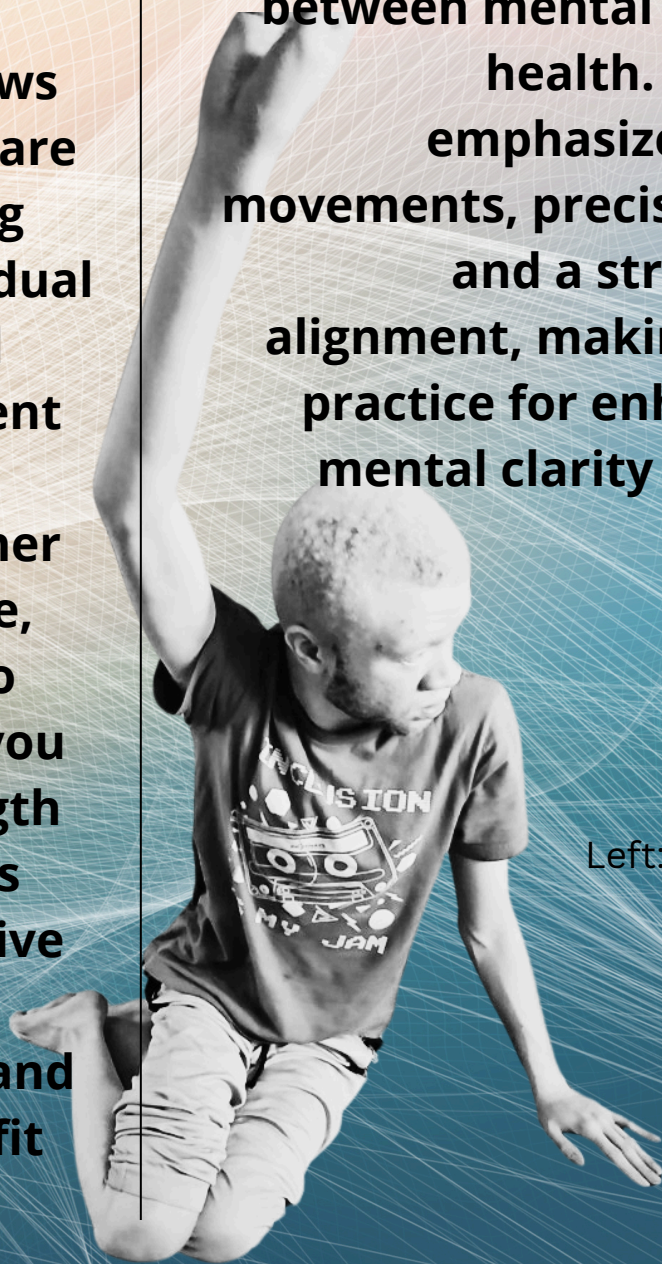
Well, you're not alone! Many people feel the same way before their first class.

Pilates on a mat is a wonderful form of exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body awareness. The good news is that most instructors are highly skilled at adapting exercises to meet individual needs, ensuring you feel comfortable and confident throughout the session.

Whether you're a beginner or have some experience, Pilates can be tailored to suit your level, helping you to gradually build strength and improve your fitness over time. So, why not give it a try? You might just discover a new passion and a fantastic way to keep fit and healthy!

About Pilates

Pilates is much more than just an exercise routine; it's a journey towards a balanced, mindful way of living. Originating from the early 20th century, Pilates was developed by Joseph Pilates, who believed in the close connection between mental and physical health. This method emphasizes controlled movements, precise breathing, and a strong focus on alignment, making it an ideal practice for enhancing both mental clarity and physical endurance.



Left: Kofi performing the Mermaid Pose

Behavior Management

Meltdown or Tantrum?



Understanding Aggression & Self-Injurious Behaviors: Meltdown or Tantrum?

As parents, witnessing our special needs children exhibit aggressive behaviors—such as hitting, self-injurious behaviors (SIBs), or harming others, as well as damaging property—can be distressing. However, it's crucial to comprehend the underlying causes. Are they experiencing a meltdown or throwing a tantrum?

Physical aggression, property damage, and self-injurious behaviors are often misunderstood as mere tantrums, but it's essential to distinguish them from meltdowns to provide appropriate support. Tantrums typically occur when an individual is seeking attention or attempting to gain something they desire. They are often characterized by intentional behavior that aims to influence the response of those around them. In contrast, meltdowns are usually an overwhelming response to sensory overload, stress, or frustration. During a meltdown, the individual may experience a loss of control, which can lead to physical aggression, SIBs, and property damage or other concerning behaviors.

Understanding the difference is crucial for effective behavior management. When dealing with tantrums, strategies such as clear boundaries and consistent consequences can be effective. However, for meltdowns, providing a calm and safe environment, reducing or eliminating demands and commands, and using techniques like deep breathing or sensory breaks can help the individual regain composure.

It's important to approach both situations with empathy and patience, recognizing that each individual's experience is unique. By understanding these differences, caregivers and educators can better support individuals in managing their emotions and behaviors, ultimately fostering a more compassionate and inclusive environment.



Potential Triggers for a Meltdown *Here are a few factors that might lead to a meltdown:*

- **Overstimulation from the environment:** Bright lights, loud noises, crowded places, and strong smells
- **Routine changes and inconsistencies:** Disruptions in daily routines or the absence of structure leading to uncertainty
- **Bullying:** Negative social interactions and harassment
- **Emotional challenges:** Feelings of anxiety, stress and sadness
- **Hormonal changes:** Puberty and its effects on mood and behavior
- **Medical appointments:** Stress related to visits to doctors or dentists
- **Dietary influences:** Consumption of gluten, additives, casein, sugar, or other intolerant and allergic reactions to certain foods
- **Screen time:** Excessive television and phone use
- **Repetitive media stagnation:** Being 'stuck' in consistent replaying of songs or specific scenes from movies or shows and not being able to stop doing so;
- **Sleep Disturbances:** Inadequate periods of sleep or over sleeping
- **Family changes:** Events like parental divorce or the loss of a family member or pet
- **Negative talk:** Speaking poorly about the individual or dismissing their needs
- **Stimulation needs:** Boredom or lack of necessary sensory input or not being permitted to engage in self-stimulatory behaviors
- **Medication effects:** The impact of prescribed medications or natural remedies

Our Approaches to Behavior Management

Here are some methods we use for effective behavior management:

Behavior Management Coaching with Exercise

Exercise not only improves physical health but also releases endorphins, which can elevate mood and reduce stress. Incorporating regular physical activity into daily routines can provide a constructive outlet for energy and emotions.

Mindfulness practices, such as meditation and deep breathing exercises, encourage individuals to focus on the present moment, helping them to remain calm and centered during challenging situations. Teaching these techniques can empower individuals to develop self-regulation skills that are crucial for managing stress and preventing meltdowns.

Combining these strategies with empathy and patience ensures that behavior management is not just about addressing the symptoms but also about understanding and supporting the underlying needs of the individual. Through such compassionate approaches, we can nurture resilience and promote a sense of well-being and belonging for everyone involved.

Behavior Management Coaching with Creative Arts

Creative arts such as music, dance, and visual arts, adds another layer of depth to emotional and behavioral development. Engaging in creative activities allows individuals to express themselves in unique and personal ways, providing an outlet for emotions that might be difficult to articulate verbally.



Music, for instance, can be used to improve mood, enhance communication skills, and promote relaxation. Whether through playing instruments, singing, or listening to different genres, music has the power to connect and heal.

Dance offers a physical and expressive form of release, fostering body awareness and boosting confidence. Through movement, participants can explore their emotions and gain a sense of freedom and control.

Visual arts, including drawing, painting, and sculpting, encourage individuals to explore their creativity and convey feelings through colors, shapes, and textures. Art-making can be a meditative process that promotes focus and reduces anxiety.

Incorporating creative arts into behavior management coaching not only enriches the experience but also caters to diverse learning styles and preferences. By blending creativity with mindfulness and physical activity, we create a holistic approach that respects the individuality of each person, fostering a nurturing environment where everyone can thrive.

Behavior Management Coaching Through Exercise, Art, and Dance with Yomi

“By understanding behavior typology, triggers, social cues, gestures, moods, movements, vocalizations and expressions, and other facets of my clients' well-being, I develop customized programs that cater to their specific needs.”

-Yomi Karade, B.A, CPI, B,S

Inclusive Pilates Essentials with Strength Training



with Yomi



VIA ZOOM
ANY WHERE IN THE WORLD



973 820 5795

BRITSROCK4AUTISM@GMAIL.COM

C/O UK TODAY MEDIA GROUP LLC

NJ DDD VENDOR

GROUPS, SCHOOLS, ADULT PROGRAMS, AND
PRIVATE SESSIONS ARE WELCOME

TRANS4M NATION



TO TULSA, OKLAHOMA

HEALTH AND WELLNESS

PROGRAMS FOR ALL

Trans4m Nation LLC:

Empowering Health and Wellness Transformations

Trans4m Nation LLC is committed to promoting health and wellness programs, personal growth, and community empowerment through our coaching and workshops. Our mission is to inspire transformation and progress, assisting individuals in reaching their full potential.

We are dedicated to cultivating a healthier nation for all.

For more information call Yomi @ 973 820 5795