

Fit Kids News

For Openers...



This is our favorite time of year at Fit Kids. Back-to-school means back to Fit Kids classes!

And this is our favorite school year, because for the first time in our organization's history, we will impact more than 10,000 kids! Our 67 programs at 54 sites will do a world of good for underserved youth who are badly in need of opportunity to engage in structured fitness programs that set them on a path for healthy lives.

A big boost in participation is due to our friends at Positive Coaching Alliance and LA84 Foundation. The two organizations together introduced Fit Kids to St. Sebastian Project schools in Los Angeles, which will host a combined 10 programs.

We will strengthen those ties by participating in next month's LA84 Foundation Summit and also will attend The Aspen Institute's Project Play Summit. On the home front, we are thrilled to welcome Navita Wilson as Director of Programs and a cadre of coaches to serve our Innovation Sites within the Ravenswood School District.

It's going to be a great school year for Fit Kids and all the fit kids we help develop!



Navita Wilson Joins Fit Kids as Director of Programs



Navita Wilson brings a unique perspective to her new role as Director of Programs for Fit Kids. Since the earliest days of our organization, Navita received our services, first as After School Program Coordinator at Costano School and then as Director of Student & Family Affairs at the 49ers Academy. [This Q&A](#) shows her humor, her insight into the challenges facing underserved youth, and her passion for the Fit Kids mission.



Intero Foundation Renews Support in San Jose


INTERO

Foundation

Intero Foundation, through the leadership of its founder, Dominic Nicoli, has committed to a third year of support for Fit Kids, contributing \$18,150 toward Fit Kids Partner Site programs at schools served by the Catholic Charities of Santa Clara County CORAL (Communities Organizing Resources to Advance Learning) initiative. [Find out here](#) what excites Dominic about Fit Kids.



Please join Fit Kids for a special morning with Ron Jones on October 19th. Ron is a credentialed PE teacher and historical kinesiologist, who enjoys teaching and sharing classical physical education and vintage exercise methods. Ron was also the Executive Director and PE historian for the award-winning documentary film [The Motivation Factor](#), which profiled the benefits of classical PE throughout history and how these methods are still valid for today's youth and adults.



FIT KIDS[®]

INVITES YOU TO
A MORNING WITH

SPECIAL GUEST SPEAKER

Ron Jones


HISTORICAL KINESIOLOGIST FROM
The Motivation Factor
2017 Best Documentary Feature at the Life Fest Film Festival

Friday, October 19, 2018
10:00am
Menlo Circus Club
190 Park Lane, Atherton

There is no cost to attend.

RSVP TO info@fitkids.org SPACE IS LIMITED

COME LEARN ABOUT OUR NEW COMMUNITY GROUP



FIT KIDS[®]
CHAMPS



News You Can Use

Keeping tabs on media coverage of the health and fitness challenges facing our nation's youth, here are links to top recent reports and stories:

[Kids Need Play and Recess. Their Mental Health May Depend on It.](#)

(Peter DeWitt, Education Week)

[Project Play Parent Checklists](#)

(The Aspen Institute)

[CDC's Active People, Healthy Nation: Creating an Active America, Together](#)

(Janet E. Fulton , David M. Buchner , Susan A. Carlson , Deborah Borbely , Kenneth M. Rose , Ann E. O'Connor , Janelle P. Gunn , and Ruth Petersen)

[Donate to Fit Kids](#)

