



**FIT KIDS®**

## Fit Kids News

### For Openers...



More than just a cliché, "it takes a village" is an accurate assessment of what is needed to raise fit kids and ensure the health of Fit Kids as a non-profit social enterprise.

As you will see below, Fit Kids benefits enormously from its "village" -- whether in the form of contributions to our curriculum or equipment donations that let us give more to the communities we serve.

Wrapping up another school year, the first in which Fit Kids impacted 10,000 youth, we immediately look forward to the next. Some of the end-of-school-year activities and curriculum advances noted here show that we are on the right track and our village is getting healthier all the time, thanks to you.



## Young Dynamic Duo Donates Equipment



Fit Kids will give roughly 200 pieces of sports equipment to underserved youth, thanks to the unique efforts of Jackson Aldrich and Ethan Friesel.

Aldrich (far left) is a Menlo School junior, who founded [Sports Share](#) at age nine to collect and donate equipment to less-fortunate children. Friesel is a Menlo School sixth-grader, who tapped into Sports Share for the chance to give back to the community as part of his *bar mitzvah* education.

[Find out what moves these young philanthropists to make sure as many kids as possible can keep moving!](#)



## Turning Wheels for Kids Helps Fit Kids "Re-Cycle"



Fit Kids recently donated 17 bicycles to children participating in our programs at Costano Elementary School in East Palo Alto. The bikes were donated to Fit Kids by [Turning Wheels for Kids](#), a San Jose based non-profit that provides children with brand new bikes to encourage life long habits of exercise, outdoor activity and independence.

"I am accustomed to seeing smiles on the faces of the kids in our classes," said Fit Kids Program Director Navita Wilson, "but those smiles got a lot bigger when I started giving out these bikes. The beauty of it is that we help Turning Wheels for Kids achieve their mission by distributing the bikes, they help us achieve our mission to keep kids active, and the kids themselves benefit most of all!"



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## New Crew of Curriculum Contributors

Our curriculum for the 2019-2020 school year will include yoga and mindfulness, new equipment, and reorganized series of exercises, thanks to this team! [Click here for their bios and backgrounds](#), and you will see how they help Fit Kids develop fit kids!



Courtney Bianchi



Gabe Brewer



Hope Scheid



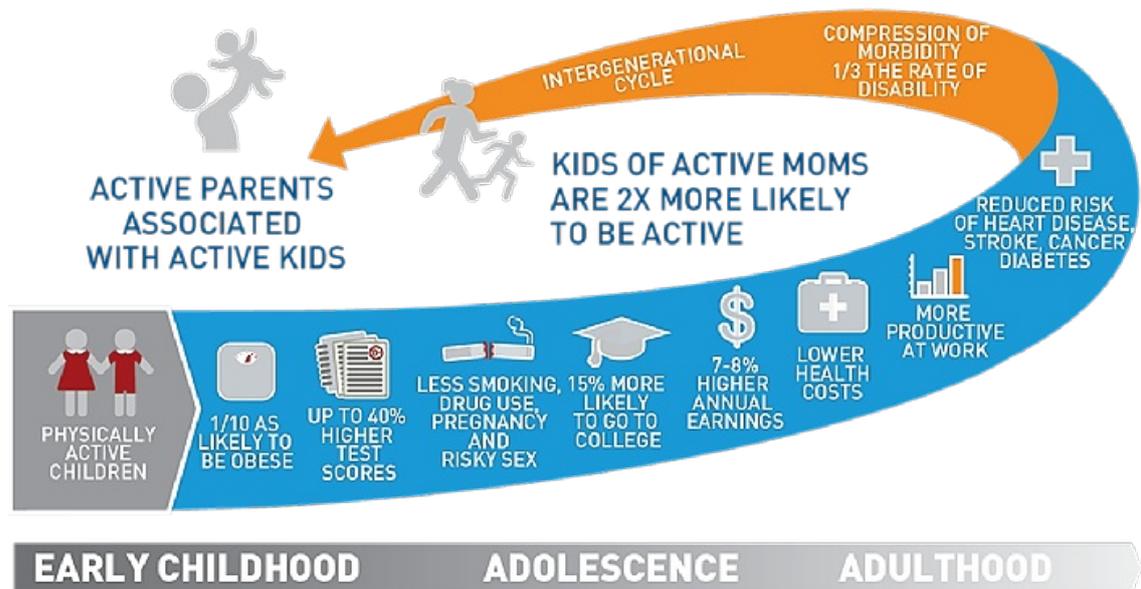
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## Good News from The Aspen Institute's Project Play

The Aspen Institute Sports & Society Program's Project Play shared the great news below in their most recent newsletter. The [full report](#) provides even more data about the importance of keeping kids active and fit.

# ACTIVE KIDS DO BETTER IN LIFE

## WHAT THE RESEARCH SHOWS ON THE COMPOUNDING BENEFITS



[Donate to Fit Kids](#)

