

Fit Kids News

For Openers...

It seems like yesterday that Fit Kids ended the 2018-2019 school year with a great event at Levi's Stadium. More than 150 kids from our East Palo Alto Innovation Sites enjoyed a fun field day with Pro Football Hall of Famer Steve Young, courtesy of private equity firm HGGC, the Forever Young Foundation, and the San Francisco 49ers -- all led by Young at various points in his career.



Steve and all the volunteers from HGGC helped put our students through a fun afternoon of football drills and clinics designed by the San Francisco 49ers staff, who also showed great leadership and commitment to community.



Now, with school back in session we are kicking off our 2019-2020 programs. Fit Kids will once again bring its structured fitness program to more than 10,000 underserved youth throughout the Bay Area and in Las Vegas and Los Angeles. We have many new partners and kids to welcome to Fit Kids this year, and we are excited to have our programs continuing to make such a big impact!

Thanks for helping that happen!

Anthony



Eat at Erik's on Sept. 18 to Support Fit Kids

A portion of proceeds from food and beverage purchased at Erik's DeliCafe of Redwood City all day on September 18 will benefit Fit Kids. Go grab their healthy soups, salads and sandwiches! Also, feel free to print this out and share with your community or forward this email to let your friends know of this chance to support Fit Kids!



Dine for a Day

Sept 18, 2019
10 am - 7 pm



Erik's DeliCafé of Redwood City
400 Walnut St, Redwood City, CA 94063

COME SUPPORT FIT KIDS FOUNDATION



Fit Kids is a 501(c)(3) non-profit based in Redwood City that provides free structured fitness programs for underserved youth at many schools in Redwood City, East Palo Alto, and other parts of the Bay Area. The Fit Kids program helps children build the foundation for a healthy, active life.

DONATION SALES ARE BASED ON FOOD AND BEVERAGE ITEMS ONLY. COUPONS CANNOT BE APPLIED TO THIS SPECIAL.



Next Fit Kids Champs Event Set for October 27 Kids Cooking Class: Healthy Homemade Snacks

Michelle Greenebaum of [Together In The Kitchen](#) will welcome 12 kids (grades 2-5) into the kitchen of event host Amelia Schultz for a fun and educational exercise in making healthy homemade snacks.

Registration for this first-come-first-served opportunity is limited to members of Fit Kids



Champs. If you are not already a member, please join at www.fitkids.org/fit-kids-champs. Any member may register kids immediately by [emailing Fit Kids Director of Stewardship Ashley Honerkamp](mailto:ashley@fitkids.org).

Don't miss out on this chance to help your child develop healthy habits and become a companion in your kitchen!



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:

["State of Play" Section Highlights Disparity in Youth Inactivity by Demographics](#)

(The Aspen Institute Project Play)

[3-Minute School Health Survey](#)

(Action for Healthy Kids Network)

[23 At-Risk Youth Statistics that Prove the Importance of Youth Development](#)

(Social Solutions)



Please Connect Us!

Do you know of a school or community organization that might want Fit Kids? We are always looking for introductions! Please share this video with them and help spread the word about our programs.



If you can connect us to interested schools or organizations, [please email Fit Kids Marketing and Communications Consultant David Jacobson](#) with your suggestions.



Donate to Fit Kids

