The Fit Kids Program develops physically fit, healthy children.

We help fill the opportunity gap in structured physical activity for underserved children by partnering with schools and community organizations to provide no-cost fitness programming and equipment.

Fit Kids’ innovative curriculum helps children build fitness and motor skills while also encouraging communication, teamwork, and other positive social-emotional traits.

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650-299-1599
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FIT KIDS INNOVATION SITES

At Fit Kids’ three innovation sites in East Palo Alto – Costano Elementary School, Los Robles Magnet Academy, and Willow Oaks School – we provided 12 programs over the school year that were led by our trained, professional coaches in the after-school hours. Our coaches collect quantitative and qualitative data to measure the impact of our program.

IMPACT ON CHILDREN’S FITNESS

Fit Kids conducted three fitness testing sessions over the 2018-2019 school year and a majority of kids showed positive improvement.

- 80% Could do more curl-ups
- 64% Could do more push-ups
- 55% Showed gains in flexibility
- 54% Ran the shuttle run faster

“I love LOVE Fit Kids!”

- BRIANA, Fit Kids Participant

For more on how Fit Kids impacts Briana, visit www.fitkids.org/video.
Fit Kids Partner Sites are schools and community organizations that administer the program themselves with their internal staff. This model allows our partners more flexibility to incorporate Fit Kids into their every day and after-school programming. Each partner receives an invitation to our annual professional development training, online access to our proprietary curriculum, and all necessary program equipment.

FIT KIDS PARTNER SITES

“I love how Fit Kids introduces kids to new motor skills and games, but I especially love the confidence it builds in the students.”

MARY GRAY
Alexander Rose Elementary School, Milpitas

2018-2019 SCHOOL YEAR PARTNER SITE LOCATIONS

BAY AREA
Alexander Rose Elementary, San Jose*
Anne Darling Elementary, San Jose*
Boys and Girls Clubs of the Peninsula (Belle Haven, Menlo Park; Brentwood Elementary, East Palo Alto; Garfield Community School, Menlo Park; Hoover Elementary School, Redwood City; Taft Community School, Redwood City)
Cox Academy, Oakland
Dahl Elementary, San Jose*
Daniel Webster Elementary, San Francisco
Empire Gardens Elementary, San Jose*
Frank McCoppin Elementary, San Francisco
Franklin Elementary, San Jose*
GW Hellyer Elementary, San Jose*
Horace Mann Elementary, Oakland
James R. Meadows Elementary, San Jose*
KIPP Excelencia Lower Campus, Redwood City
KIPP Excelencia Upper Campus, Redwood City
KIPP Heritage, San Jose*
KIPP Valiant, East Palo Alto
Las Americas Early Education School, San Francisco
Los Arboles Elementary, San Jose*
Los Robles Magnet Academy, East Palo Alto
Olinder Elementary, San Jose*
Phillips Brooks School, Menlo Park**
Ramblewood Elementary, San Jose*
Ravenswood Middle School, East Palo Alto
Redding Elementary, San Francisco
Rocketship Mosaic Elementary, San Jose
Sacred Heart Schools, Atherton**
San Miguel Elementary, San Francisco
Santee Elementary, San Jose*
Shirakawa Elementary, San Jose*
Washington Elementary, San Jose*
Windmill Springs Elementary, San Jose*
Woodrow Wilson School, Daly City

LAS VEGAS
100 Academy of Excellence
Cozine Elementary
Democracy Prep
Explore Knowledge Academy
Rainbow Dreams Academy

LOS ANGELES
Camino Nuevo Charter Academy, Castellanos and Sandra Cisneros Campuses
KIPP Comienza Upper Campus
KIPP Ignite
Santa Isabel
St Lawrence of Brindisi
St. Albert the Great
St. Catherine of Siena
St. Eugene
St. Frances X. Cabrini
St. Francis of Assisi School
St. Michaels
St. Odilia
St. Turibius

* Under aegis of Catholic Charities of Santa Clara County’s CORAL Program (Communities Organizing Resources to Advance Learning)

** Sponsored Fit Kids at a school in an underserved community