Fit Kids News

For Openers...

Soon after the Coronavirus crisis struck, Fit Kids jumped into action to prepare [Home Workouts](https://www.fit-kids.com/programs/home-workouts) for the 10,000+ students we serve. Now those workouts and our whole video library of [warm-ups](https://www.fit-kids.com/programs/warm-ups), [fitness movements](https://www.fit-kids.com/programs/fitness-movements), and [yoga/mindfulness](https://www.fit-kids.com/programs/yoga-mindfulness) cool-downs are available for everyone to use.

You'll see below that many of our Partner schools and organizations are putting the workouts to great use. The Home Workouts help meet the need for kids to stay active, which is critical even in the best of times, let alone these worst of times.

People have the resilience to keep moving even when tired from exercise, and we also have the resilience it takes to get through this crisis in even better shape than before.

We are not standing still, and you don't have to, either!

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**Partners Highlight Home Workouts**

Coach Oliver Quesada of Woodrow Wilson Elementary School in Daly City, CA is an avid Fit Kids advocate, with his own take on sharing home workouts with his students!
Citizen Schools, a non-profit that collaborates on delivering a Fit Kids program at McKinley Institute of Technology in Redwood City, CA, included this shoutout to our Home Workouts in their national e-newsletter.

California Citizen Teacher David Jacobson shares with students how his passion for literature and sports fused in a successful sports writing career. Since his Fit Kids apprenticeship is still on pause, David also sent a video message to his students reminding them to stay active and keep writing.

Still more Partners tell us:

"I have been using the links from Fit Kids to send to my students or workout with my students via virtual conference."--Philip Contreras, PE Teacher, Santa Isabel School, Los Angeles

"We are currently providing all-day childcare for essential workers. We will most likely cancel our sporting events this summer, but I am proud to say that the children attending our essential programs will be doing Fit Kids....of course with social distancing in place. Fall is still uncertain as we are not sure what to expect when it comes to sports BUT based on our new program model we will most likely be running afterschool programs with elements of Fit Kids embedded."--Rolando Madrid, Senior Director of Programs, Boys & Girls Clubs of North San Mateo County (CA)

"Access to your videos was a huge resource to our families. It provided an option of physical activity for so many of our families."--Manuel Herrera, Principal, Learning Without Limits, Oakland

"We posted it under our resources and shared it in our Monday PE activities."--Claudia Reyes, Director of Operations, Connect Community Charter School
"I have appreciated the Home Workouts Fit Kids has provided. Over the past few weeks, I have taken warmup and fitness movements from your website and included them in our weekly document that we send to our kids, as well as taught them virtually. I have also referenced the 2019/2020 Fit Kids curriculum book when creating my lesson plans. Even though virtual teaching is not ideal, I still greatly value the Fit Kids programs and you remain my number one resource."--Mary Gray, Alexander Rose Elementary School, Milpitas, CA

And, finally, Coach Christian and his students at St. Turibius in Los Angeles "did it for the 'gram"!

Gratitude For Gifts To Fit Kids
Fit Kids recently received generous gifts from Adobe, Cargill, Intel, and the Palo Alto Weekly Holiday Fund.

"For these gifts to arrive even during the pandemic shows how deeply committed these organizations are to developing and supporting healthy communities," said Fit Kids Founder Ashley Hunter. "We are extraordinarily grateful, as these funds will go to great use to improve the fitness of thousands of local students."

Fit Kids in the News at NYMag.com's The Strategist

Fit Kids shared expert opinions on integrating kids' scooters into an overall fitness strategy as part of this article from New York Magazine's "The Strategist" column by Stacey Woods.

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

Fit Kids | 2682 Middlefield Road, Unit P, Redwood City, CA 94063

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