

Fit Kids News

For Openers...

Dear Friends,

After Monday's meeting of the Governor's Advisory Council on Physical Fitness and Mental Well-Being, I've never been so excited for Fit Kids' future and so proud of its past. Participating with the Council confirms what we've always known: that physical fitness is critical to our overall health, including mentally and emotionally. The pandemic, more than any event in recent history, created a crisis for our nation's physical and mental health. It is an honor to be a member of the Governor's Council that is working to address these issues for all Californians.



Under co-chairs Jennifer Siebel Newsom and Ronnie Lott, the Council has been conducting listening tours throughout the state over the last couple months. Three sub-committees -- Best Practices, Positive Fitness and Sports Culture, and Goals -- gathered input about access to physical activity and mental health services from diverse demographic groups, covering the ranges of socio-economic status, age, ability, and other factors.

Serving on the Goals sub-committee, we met several weeks ago at Access Youth Academy in San Diego to hear from the local community about physical and mental health in San Diego. Then, at Monday's full Council meeting in Sacramento, each of the sub-committees discussed their findings and started thinking about how we can improve on what we found.

The meeting also featured introductions of CalHOPE Courage Award winners, including Anysa and Amaya Gray, twins from East Palo Alto, who play soccer for UC Berkeley and are nieces of Fit Kids Director of Programs Navita Wilson. That serendipity struck me as even more proof that Fit Kids has been on the right track all along and continues to be headed in the right direction.

As the holidays approach, I wish you all peace, health and happiness and thank you for all your support over the years.



New Fit Kids Monthly Conversations



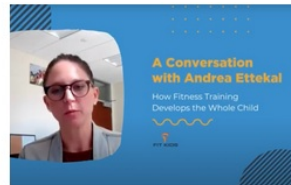
A CONVERSATION WITH WILLIE BANKS: FITNESS AND FOCUS

November 30, 2022



AN OLYMPIAN'S ADVICE ON "MEDITATION THROUGH MOVEMENT"

October 27, 2022



HOW FITNESS TRAINING DEVELOPS THE WHOLE CHILD

September 30, 2022



A TALK WITH THE NINJADOC ABOUT YOUTH FITNESS

August 31, 2022

Fit Kids now features monthly conversations with athletes, coaches, doctors, and other subject matter experts in key elements of youth fitness, such as sports, mental health, social-emotional learning, and diversity, equity, and inclusion.

Our four most recent guests:

- Willie Banks (3-time Olympian in the Triple Jump and former world record holder)
- Shannon Rowbury (3-time Olympic Middle Distance Runner)
- Dr. Andrea Ettekal (Assistant Professor at Texas A&M University's Applied Youth Development Initiative)
- Dr. Noah Kaufman (Emergency room doctor, former American Ninja Warrior competitor, and co-founder of Wolf Pack Ninjas, committed to "making the world healthier one kid at a time").

[Listen and Learn from the Best and Brightest!](#)



Program Updates: Dance Videos and More



The Fit Kids program now contains more than 200 videos for teachers and coaches to use in guiding their students and for students to access directly through our mobile app. New material features Lee Pazmino (hip-hop dance), Omnya Medani and Tevyn Bonner (fitness), and Eve Shen (yoga).

Hip-hop dance has been a huge hit! You can [sample some of it here](#).

Of course, our in-person classes continue to give kids an outstanding fitness experience, using a full range of equipment, obstacle courses, and fitness games. "Students in my class have enjoyed using the different equipment throughout the year," said Persis Piche, 5th Grade Teacher at Los Angeles' Immaculate Conception School. "It has helped them be motivated to be active and fit."



News You Can Use

A highlight of each year is the Aspen Institute Project Play's ["State of Play" report](#). Aspen Institute Sport & Society Program Founder and Executive Director Tom Farrey and his team consistently create must-read material for anyone who cares about kids' fitness.

More news you can use comes from:

- *The New York Times* ([Can You Get a Full-Body Workout in 20 Minutes?](#)) and
- The Physical Activity Alliance ([The 2022 United States Report Card on Physical Activity for Children and Youth](#)).



ICYMI: Our 2022 Annual Report



Annual Report | 2022



Love Fit Kids' Work? Why Not Donate Now?

As you consider your gift to Fit Kids, here are what various dollar amounts can fund:

\$10,500

Helps us expand by funding 3 partners on our waitlist

\$5,000

Pays for 5 new fitness, yoga, dance, or mindfulness videos

\$3,500

Sponsors a full Fit Kids program

\$1,750

Sponsors a set of new equipment for an entire school

\$500

Sponsors 1 Fit Kid for 1 year

DONATE NOW!

