

Fit Kids News

For Openers...

Dear Friends,

I hope you've all had a healthy and happy start to 2022! The year started on a very exciting note for me as I was recently [appointed to the Governor's Council on Physical Fitness and Mental Well-Being](#) for the state of California. I have always been a passionate advocate of



kids' health, especially over the last 11 years with my work at Fit Kids. So it is truly an honor to join the other Council members and have the opportunity to work with such an incredible group of people to ensure that all Californians thrive. I am particularly excited to see the Council's positive impact on youth!

Some activities the Council already is considering include providing guidance on the development of physical activity and wellness goals, increasing awareness about the benefits of physical activity, and promoting equitable access to outdoor and physical activities for underserved communities.

Of course, that last point lies at the heart of what Fit Kids does all day, every day, in our programs at 122 sites throughout California and beyond. Demand for our program is booming, and the spring event we're announcing below will help fuel that growth!



Save the Date, May 5, for our In-Person Event

It's been nearly two years since Fit Kids last hosted what was then a normal event, an in-person gathering of supporters, to celebrate success, rally around our mission, and HAVE FUN.

Join us for just that, May 5 at 5:30 at Sharon Heights Golf and Country Club. Enjoy a musical performance by the amazing duo [Music Travel Love](#), as well as food,

beverage, and a celebration of 11 years of Fit Kids!

MTL

For more information on event sponsorship or a table purchase, [email Ashley Hunter](#).



Health Benefits of Physical Activity

**ACTIVE
PEOPLE,
HEALTHY
NATIONSM**

Fit Kids enthusiastically supports the Center for Disease Control's new Active People, Healthy Nation campaign. The CDC launched the effort to help 27 million Americans become more physically active by 2027.

The campaign's [website](#) is a treasure trove of information that ranges from today's alarming reality to inspiration for an aspirational future. The piece we loved most at Fit Kids was an [infographic on the Health Benefits of Physical Activity for Children](#), which we integrated into our website to help hammer home the importance of our work.



LOVE FIT KIDS' WORK?...WHY NOT DONATE NOW?

