

Fit Kids News

For Openers...

Dear Friends,

Happy 2023! I hope this year is off to a healthy, happy start for all of you! It has certainly been a busy start to the year at Fit Kids with strong survey data from our partners indicating our positive impact on kids, as detailed below, and exciting new partnerships with organizations serving kids around the country. More news to come on this!

Earlier this week, I attended a Governor's Council on Physical Fitness and Mental Well-Being meeting. We were happy to have the Council meet at one of our long-time Fit Kids partners, Woodrow Wilson Elementary School, in Daly City. After presentations by the Children and Youth Behavior Health Initiative, the California Natural Resources Agency, and the California Fitness Alliance, the Council spent time discussing our overarching goal of ensuring all Californians have access to healthy physical activity opportunities and mental health services.



The work of the Council is incredibly important and certainly a personal passion of mine. It is an honor to be part of the Council and to work with such an incredible group of people all committed to helping Californian's thrive.

After the Council met, we were greeted by a group of 5th graders before they started a Fit Kids class with Coach RJ. The Council members were invited to join the class and participate in Fit Kids activities with the students!

If you are ever interested in joining me for a Fit Kids class just [send me an email](#), it's a great workout and a lot of fun!



Words From Our Partners

We are proud to share feedback from our first survey this school year, which demonstrates just how much our partners love Fit Kids and the positive impact the program has on students' physical and mental health.

"The variety of activities and equipment keep the kids interested, and they enjoy finding ways to challenge themselves using the video library - stretches and exercises." - David Caven, Horace Mann Elementary (Oakland)

"Because of this program and just having PE, I've noticed in a great number of students a reduced feeling of depression and stress, while improving overall mood and emotional well-being." - Bert Triggs, St. Gertrude the Great Catholic School (Los Angeles)

"I have been a really great fan of Fit Kids since the inception here at both my school sites (Westlake & Woodrow Wilson). I would love to see more Fit Kids partnerships here in my region of the Bay Area." - RJ Magayanes, Westlake Elementary (Daly City)



Save The Date: April 26, 2023



The **Fit Kids**
Celebration & Concert
Wednesday, April 26, 2023
5:30-8:00pm
Sharon Heights Golf & Country Club
Save the date



Special musical performance by
Alex Jordan

Save the date for the Fit Kids Celebration & Concert - a beautiful outdoor evening event featuring cocktails, food and music. Join us to celebrate and support bringing structured fitness programs to all kids.



Fit Kids Conversation on Heart Health



Check out our latest Fit Kids Conversation with Matthew Levy, MD, a cardiologist. Dr. Levy discusses everything from the cardiac arrest incident that afflicted NFL player Damar Hamlin to everyday tips to keep your kids heart healthy.

How to Have a Healthy Heart



Welcome New Board Member Andrea Henry



Andrea Henry is originally from Canada and grew up in Calgary and Massachusetts before moving to the Bay Area in high school. She graduated from UCLA with a B.S. in psychobiology and from UC Berkeley School of Law, before starting her legal career at Latham & Watkins. She is Associate General Counsel at 23andMe, where she has been since 2011, pursuing the acceleration of consumer-driven healthcare. She is passionate about being active and loves to hike, run, paddle-board, ski, and travel with her husband and three kids, from their home base in Menlo Park.



News You Can Use

[Updated Obesity Treatment Guidelines for Children](#)

(CNN)

[Carry Your Groceries, Take the Stairs: Short, Intense Movement Can Improve Your Health](#)

(The New York Times)



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!

