

Fit Kids News

For Openers...

Dear Friends,

As summer begins, I hope you all will have many opportunities to get outdoors, run, jump, cycle, paddle, and play all your favorite sports! Both outdoors and indoors, you can incorporate Fit Kids into your family activities, using our [free workout videos](#).



Whatever form of physical activity you choose, raise that heart rate, sweat a lot, and stay hydrated and sun-screened. Then, kick back and enjoy all the physical, mental, and emotional health benefits that movement has to offer, just like these kids at Woodrow Wilson Elementary School.

Whether you are connected to Fit Kids as a donor, sponsor, partner school or youth organization, I would like to personally thank you for your support, which has impacted 20,000 under-served children at 122 schools and youth organizations nation-wide. Our most recent survey of Fit Kids partners showed that students are participating in the Fit Kids program during their PE classes, in after school programs, as brain breaks during academic classes, and even at home using our free student app.

You can hear about the impact the Fit Kids program is making in the video below, featuring PE teacher Airto Smith from Cox Academy in East Oakland.

There is much more to come at Fit Kids, and I look forward to updating you all soon. Thank you again for your support. I wish you a happy and healthy summer!





Fit Kids Celebration and Concert a Huge Hit



Thanks to all who attended the Fit Kids Celebration and Concert, featuring a musical performance by the amazing duo [Music Travel Love](#) and a celebration of 11 years of Fit Kids!

After three years without an in-person event, it was so special to gather friends of Fit Kids at Sharon Heights Country Club.

We enjoyed presentations from Fit Kids participant Sebastian Ramos of Horace Mann Elementary School in Oakland and Franky Navarro and Lamont Robinson, Jr. of the Oakland Athletic League.



The entire event, including the Fund-a-Need component, raised more than \$200,000 to put into our pursuit of providing structured fitness programs for under-served youth. Our great appreciation goes out to our devoted



New Oakland Parks and Rec Partnership!



This fall Fit Kids will launch a partnership with Oakland's Department of Parks, Recreation & Youth Development (OPRYD). Starting soon at 20 sites in "The Town," the partnership stands to impact thousands of under-served youth in after-school programs.

"The City of Oakland Parks, Recreation & Youth Development is committed to keeping our participants healthy," said Marcelina Sanchez, OPRYD's Recreation

Supervisor, Central West Unit. "Especially since the pandemic, children do not have the opportunities available to them to stay active. OPRYD is committed to keeping our participants physically active because we know the importance and the correlation physical activity and academic achievement has. Our goal is to keep our kids fit and active as much as possible."

"We constantly seek ways to expand our program's reach, and we have kept a close eye on Oakland," said Fit Kids Founder and Executive Director Ashley Hunter. "With the unique challenges Oakland faces and the diversity of its population, this partnership is a great step toward closing the fitness opportunity gap."



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

