

Fit Kids News

For Openers...

Dear Friends,

It's been an eventful and expansive spring for Fit Kids. We closed out April with our annual Fit Kids Celebration and Concert and most recently participated in the May 1 California Moves Day event on the steps of the state capitol in Sacramento.

After making brief remarks at the podium about Fit Kids and the importance of physical activity for kids, I was honored to introduce Fit Kids Consultant and Instructor Sergio Maldonado, who led the crowd, including the First Partner, Jennifer Siebel Newsom, in a workout to help launch the California Moves public service campaign coordinated by the California Fitness Alliance.



The event aimed to raise awareness with California legislators on the essential role of exercise, movement and mindfulness in the physical and mental health of all Californians.

Meanwhile, as you'll see below, Fit Kids continues to expand even beyond the Golden State! We welcomed our first two out-of-state Board of Directors members -- Marshawn Denny and Sara Ratner -- and we are partnering with the Wisconsin-based AB Korkor Foundation for Mental Health to introduce Fit Kids in 15 new metropolitan areas throughout the U.S.

These steps, unprecedented in Fit Kids history, are possible thanks to your support and to increases in public recognition of the urgency of our cause. More and more, people

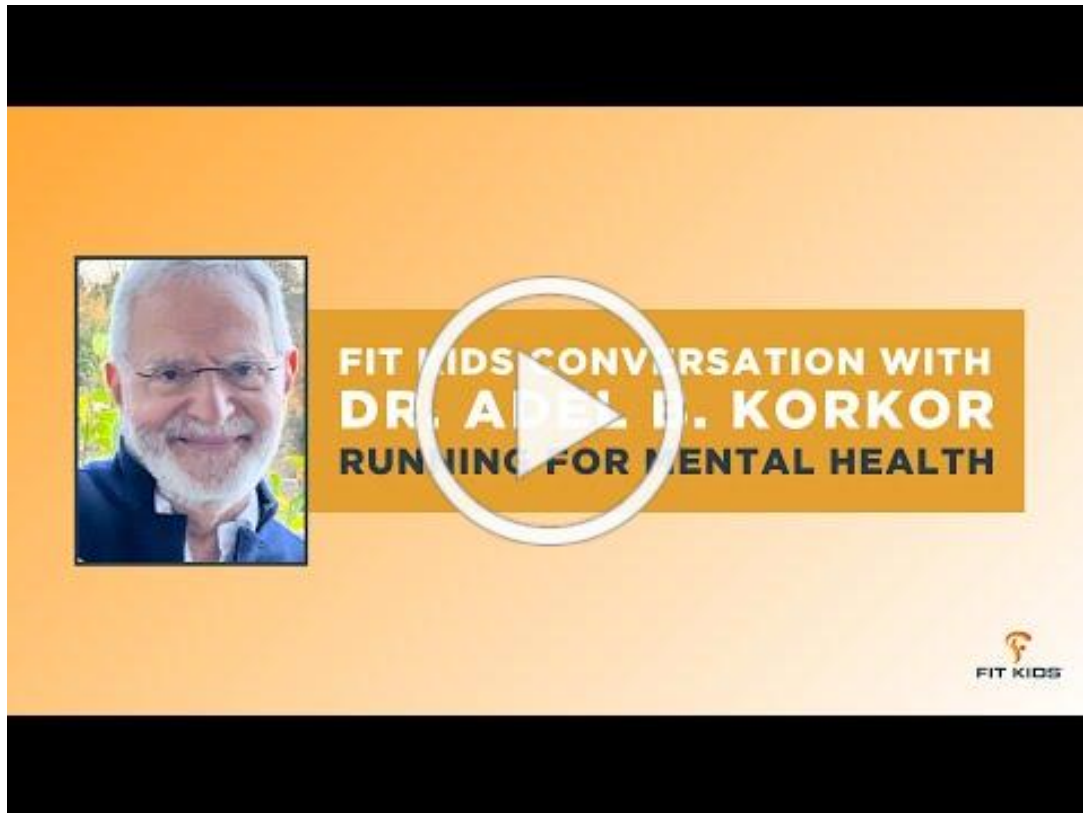
are recognizing that physical activity is critical to both physical AND mental health and Fit Kids is a great way to increase physical activity levels for kids!

Korkor



Running For Mental Health with Korkor Foundation

Step one in our new partnership with the AB Korkor Foundation for Mental Health is release of [this Fit Kids Conversation](#) with the Foundation's Founder and namesake, Dr. Adel Korkor.



The Korkor Foundation this spring and summer will fund Fit Kids' entry into 15 U.S. metro areas all over the country, bringing our structured fitness program to schools and community organizations from Anchorage and Honolulu in the West to Eastern Seaboard spots, such as Savannah, GA and Baltimore.

Korkor chose those markets to align with the 15 in-person running events included in the Foundation's [Five Fifty Fifty Run/Walk Series](#) (named for Dr. Korkor's pre-pandemic practice of running a 5K in every state over the course of 50 days).

The video covers the genesis of the Foundation and its Five Fifty Fifty events, rooted in Dr. Korkor's own struggles, and provides deep insight into the need to bring physical activity opportunities to all youth.



Welcoming Our First Out-of-State Board Members



Marshawn Denny and Sara Ratner are Fit Kids' first Board of Directors Members from outside of California. Raised in Detroit, Marshawn grew up playing basketball and softball, earned an MBA from Georgian Court University, then founded and served as executive director of a youth basketball organization in Austin, TX. She now is Director of Operations at Him For Her, a social impact venture that helps increase diversity on corporate boards. Marshawn is driven by desire to help others find purpose and excel in life, with particular passion for helping young people find their place in the world. She enjoys working with inspirational people from young athletes to seasoned professionals.



Sara Ratner is President, Government Programs at Nomi Health. Earlier, she served on the executive team as SVP, Government and Strategy at Icario. In addition, she is Co-Founder and Board Director of Proximal Health, a venture capital funded health care insurance and technology platform designed to help members receive and pay for high quality hospital-based specialty procedures. Based in the Minneapolis-St. Paul area, Sara has served on a wide variety of non-profit boards.



Celebration and Concert



Nearly 200 Fit Kids supporters gathered for a beautiful night of music, fun, and fundraising/friendraising for our cause, April 26 at Sharon Heights Golf and Country Club.

Two of the more emotional presentations came from Fit Kids Founder Ashley Hunter and long-time Board Member Andy Logan, who emphasized the mental health challenges faced by our nation's youth and how physical activity can help prevent and cure mental health struggles.

Programming also included two video presentations -- one covering the accomplishments of Fit Kids over its 12 years of existence, and another highlighting the unique partnership between [Fit Kids and First Tee of Silicon Valley](#). Then, First Tee executives George Maxe and Chris Moreno-Hunt spoke from the podium to explain how Fit Kids and First Tee together bring opportunity to underserved youth.

The crowd also enjoyed the Dryvebox mobile golf simulator, where they got to match shots at a virtual Pebble Beach 7th hole with members of the Stanford University Men's Golf Team. The evening capped off with a concert by Alex Jordan and waves of warmth and goodwill among our communities.

Thanks to all who donated and attended!



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!

