

DEAR FRIENDS,



Throughout the United States and around the world, people are recognizing that physical and mental health are intertwined and interdependent. It always stood to reason that active bodies are more likely to contain healthy brains. But now science and countless research reports have proven that physical activity plays a crucial role in regulating mood, emotion, and other aspects of brain function. With this knowledge in mind, the commitment to helping people be truly healthy includes providing both physical activity and mindfulness. I am so proud that Fit Kids includes both fitness and mindfulness activities for all the children that we serve!

Along those lines, I am proud to serve as a member of the California Governor's Advisory Council on Physical Fitness and Mental Well-Being. The Council's leadership, First Partner Jennifer Siebel Newsom and Fit Kids Honorary Board Member Ronnie Lott, has assembled a team of all-stars who are dedicated to helping all people in California thrive both physically and mentally. It has been an honor to work with this incredible group of people towards such an important goal!

Among the highlights of Fit Kids' past year was participating in CA Moves Day at the State Capitol in Sacramento on May 1. It was a great celebration that had many of us moving together on the Capitol steps in what my fellow Council member Francesca Schuler called "a movement to increase movement." You can hear more from Francesca in the series of Fit Kids Conversations we launched in our Fiscal Year 2023, which are collected at www.fitkids.org/impact/fit-kids-conversations.

While my involvement with the Governor's Council is exciting, it is our daily efforts at Fit Kids that hold the most significance and provide the greatest sense of fulfillment. Our recent partner survey reveals that over one-third of the sites we serve utilize Fit Kids as their primary physical education curriculum. Through this lens, we understand that Fit Kids plays a pivotal role in ensuring that thousands of young individuals have the opportunity to achieve their peak physical and mental fitness. This is an opportunity that every child deserves!

With such a compelling demand for our services, our mission is more important than ever and it is the driving force behind our ability to get more than 18,000 kids active at 118 partner sites in fiscal year 2023. That is what truly inspires us.

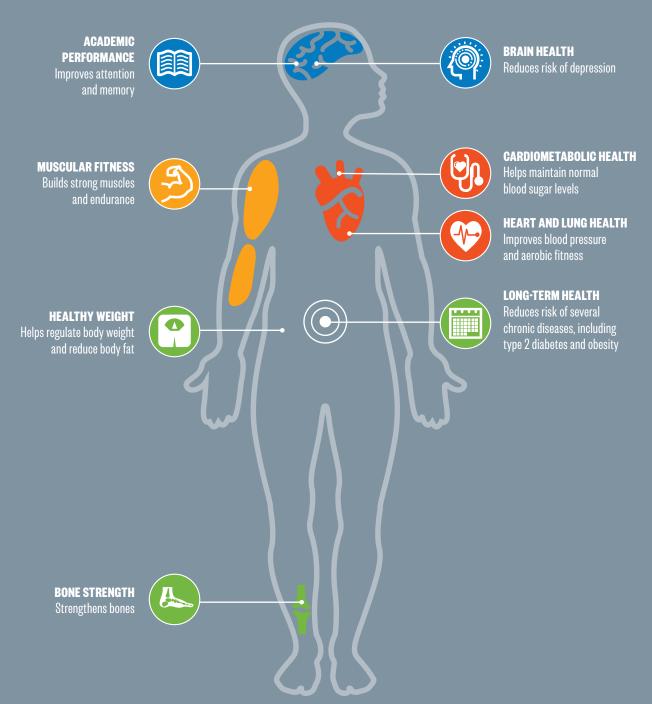
On behalf of the kids we serve, we extend our heartfelt gratitude for your continued support.

KNAY

Ashley Hunter, FOUNDER & EXECUTIVE DIRECTOR 650.299.1599 | ashley@fitkids.org



BENEFITS OF PHYSICAL ACTIVITY FOR CHILDREN



THE FIT KIDS PROGRAM

Access to our curriculum of 50 comprehensive physical activity lessons featuring:

- · Dynamic warm up activities
- Fitness stations
- Relay races and obstacle courses
- · Fitness games

- Static stretches
- Yoga poses and yoga flows
- Mindfulness exercises



Access to our video library of more than 200 videos including:

- 79 Fitness Movement Videos
- 11 Yoga Pose Videos
- 44 Bodyweight Workout Videos
- 4 Dance Fitness Videos

- 16 Mindfulness Videos
- 15 Yoga Flow Videos
- 45 Fitness Kit Videos



Brand new set of equipment, 257 total pieces, including:

- Kettle bells and SandBells
- Hurdles
- Agility ladders
- · Flag belts

- Speed parachutes
- Battle ropes
- 11 additional types of fitness and playground equipment



Personalized training and support:

- Personalized training and program support from the Fit Kids team
- In person site visits from Fit Kids when possible
- Multiple surveys each year to collect impact data and feedback
- Ongoing program support throughout the year to ensure Fit Kids is making an impact



Also included with each Fit Kids Program:

- · Access to our free student app so kids can utilize our video library at home
- Access to our free coach's app so our curriculum is easily accessible anytime
- Monthly Fit Kids partner newsletter
- · Monthly fitness activities and challenges



FIT KIDS' IMPACT

Fit Kids consistently scores a 4+ from partners

5 STRONGLY AGREE

STRONGLY DISAGREE

3

Fit Kids conducts multiple surveys each year with all of our partners to collect data on the impact of our program. For Fiscal Year 2023, Fit Kids enhanced its year-end partner survey, yielding more detailed statistics from our partners on the positive impact Fit Kids has on students. On a 1 to 5 scale, where 5 is the best and partners strongly agree, our partners consistently rated us a 4 or better on the following statements:

Fit Kids makes physical activity fun

4.49

Fit Kids has increased students' physical activity levels

4.27

Fit Kids creates opportunities for students to collaborate and work as a team

Fit Kids motivates students to engage in physical activity

4.51

Fit Kids has a positive impact on students' mood and mental health

4.36

Students enjoy the Fit Kids program

4.40

Students are excited to use the Fit Kids equipment

4.56

Instructors enjoy using the Fit Kids program

4.41

Fit Kids makes it easy for me to help my students be active

4.49

Fit Kids creates inclusion opportunities for all students

4.40

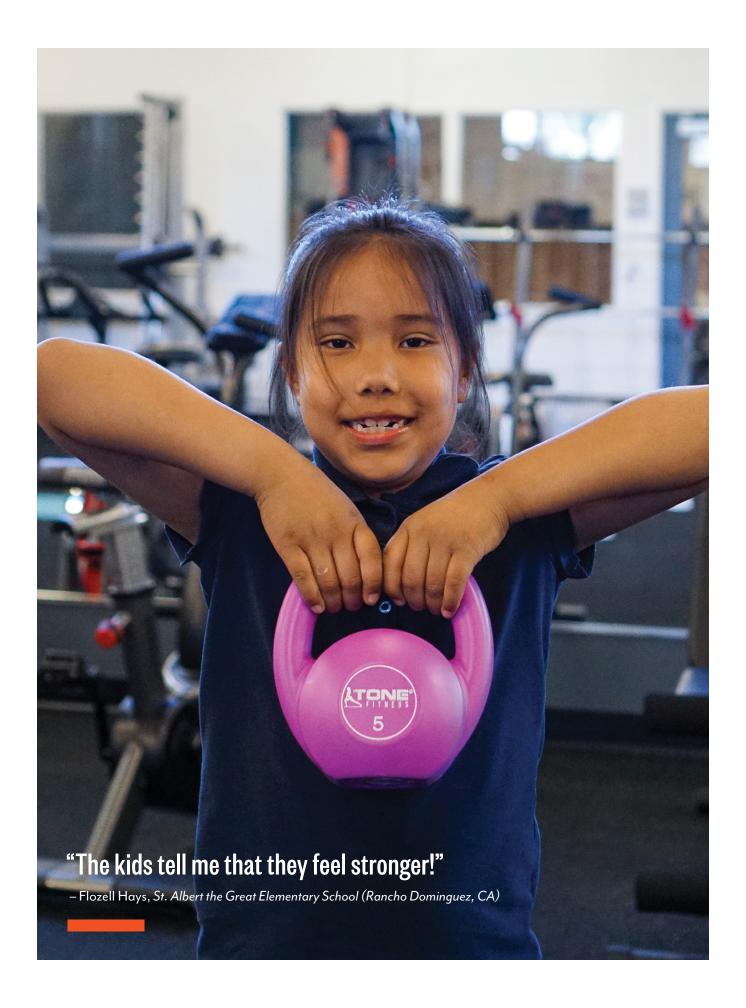
Fit Kids has a positive impact on student academic outcomes

4.07

Fit Kids helps students develop a love of being active

4.25





3-YEAR STRATEGIC GOALS

In fiscal year 2023, Fit Kids went through a strategic planning process and created these statements and strategic goals to guide our next three years.

Vision:

We envision a world where all children have access to healthy physical activity opportunities to enjoy the many physical and mental health benefits associated with an active life.

Updated Mission:

Our mission is to provide structured physical activity, movement, and mindfulness programs to ensure all children are able to enjoy the physical and mental health benefits of exercise.

Fit Kids Organizational Core Values:

- · Equal importance of physical and mental health
- · Inclusion for all children
- · Accessibility easy for kids to access physical activity anytime, anywhere
- · Lifelong love of being active active kids grow to active adults

4 Strategic Goals:

GOAL 1:

Enhance our programs to ensure high impact, scalability, and ease of use.



GOAL 3:

Build infrastructure to support organization growth.



GOAL 2:

Expand Fit Kids programs to meet the need and demand throughout the country.



GOAL 4:

Financial growth to support Fit Kids' expansion and ensure long-term sustainability.



2023 HIGHLIGHTS

In Fiscal Year 2023 Fit Kids added:

Marshawn Denny
Michael Freehill
Jeff Marquez
Maisie O'Flannagan
Sara Ratner
Bill Thompson
Adam Yonkers
New
Board
Members

1,000
Fit Kits
Distributed to youth to

Distributed to youth to keep them moving at home.

New International Partner

BYTE (Border Youth Tennis Exchange) is now teaching Fit Kids with its other programming to youth at the U.S. - Mexico Border between Nogales, AZ and Nogales, Sonora.

13 New Videos

Including yoga, mindfulness, and dance fitness.

Brent Brennan Anne Cribbs Alyson Dudek Conrad Ray

Honorary Board Members

New

2 Key Events

2023 Fit Kids Celebration & Concert

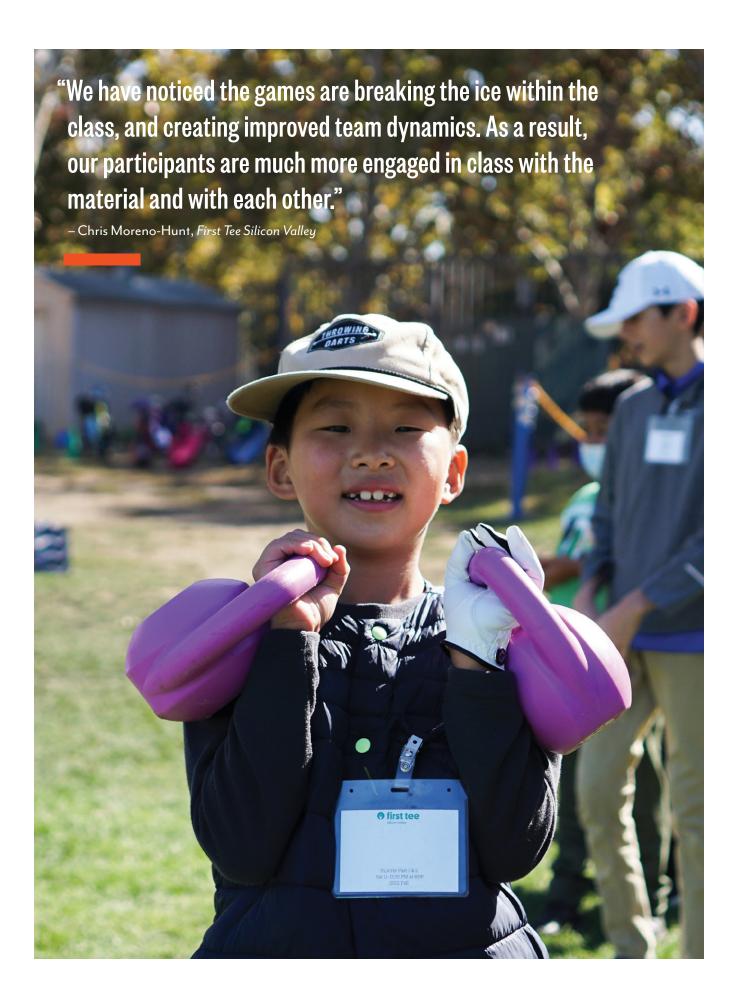
CA Moves Day on May 1 at the State Capitol

15 New Partner Sites 14
FIT KIDS
CONVERSATIONS

Video interviews with athletes, doctors, and other experts on topics in youth fitness and wellness. 3 New States

Michigan, Utah, Arizona





OUR PARTNERS

Fiscal Year 2023 Partner List

Alexander Rose Elementary School, Milpitas, CA

Anne Darling Elementary School, San Jose, CA

Ascension Catholic School, Los Angeles, CA

BGCNSMC - IBL Clubhouse, Pacifica, CA

BGCNSMC - Yosemite Clubhouse, Pacifica, CA

Bouse Elementary, Bouse, AZ

Bridges Academy, San Jose, CA

Bryant Elementary School, San Francisco, CA

BYTE | Anza Park, Nogales, Mexico

BYTE | Casa de la Misericordia, Nogales, Mexico

BYTE | Casa Hogar Para Ninas la Madre Conchita, Nogales, Mexico

BYTE | Centro Juvenil Don Bosco, Nogales, Mexico

BYTE | Desarollo Integral Para la Familia (DIF), Nogales, Mexico

BYTE | Kino Border Initiative, Nogales, Mexico

Captain Jason M. Dahl Elementary School, San Jose, CA

Cloverland Elementary School, Oakdale, CA

Connect Community Charter School, Redwood City, CA

Copper Hills Elementary School, Magna, UT

Cornerstone Academy Preparatory School, San Jose, CA

Cox Academy, Oakland, CA

Divine Saviour School, Los Angeles, CA

East Oakland Boxing Association, Oakland, CA

Empire Gardens Elementary School, San Jose, CA

Epiphany Catholic School, South El Monte, CA

Fair Oaks Elementary School, Oakdale, CA

Frank McCoppin Elementary School, San Francisco, CA

Franklin Elementary School, San Jose, CA

G.W. Hellyer Elementary School, San Jose, CA

George Shirakawa Sr. Elementary School, San Jose, CA

Guardian Angel Catholic School, Pacoima, CA

Holy Innocents, Long Beach, CA

Holy Name of Jesus, Los Angeles, CA

Holy Spirit STEM Academy, Los Angeles, CA

Horace Mann Elementary School, Oakland, CA

Ilalko Elementary School, Auburn, WA

Immaculate Conception School, Los Angeles, CA

Jean Parker Elementary School, San Francisco, CA

Jeanne R. Meadows Elementary School, San Jose, CA

Jefferson Elementary School, San Francisco, CA

KIPP Comienza Community Prep (5-8), Huntington Park, CA

KIPP Heritage Academy, San Jose, CA

Lairon College Preparatory Academy, San Jose, CA

Las Americas Children Center, San Francisco, CA

Los Arboles Literacy & Technology Academy, San Jose, CA

Magnolia Elementary School, Oakdale, CA

Maria Regina School, Gardena, CA

Mary Star of the Sea, San Pedro, CA

McKinley Elementary School, San Jose, CA

Nativity Catholic School, Los Angeles Area, CA

NEW Academy of Science and Arts, Los Angeles, CA

Our Lady of Guadalupe Parish School, Oxnard, CA

Our Lady of Guadalupe School, Los Angeles, CA

Our Lady of Lourdes, Los Angeles, CA

Our Lady of the Holy Rosary School, Sun Valley, CA

Our Lady of Victory, Compton, CA

Owens-Whitney Elementary School, Wikieup, AZ

Perspectives, Inc, Saint Louis Park, MN

Precious Blood School, Los Angeles, CA

R.O.C.K. - El Dorado Elementary School, San Francisco, CA

R.O.C.K. - Visitacion Valley Elementary School, San Francisco, CA

R.O.C.K. - Visitacion Valley Middle School, San Francisco, CA

Ramblewood Elementary School, San Jose, CA

Redwood City P.A.L. - Hoover School, Redwood City, CA

Redwood City P.A.L. - Taft School, Redwood City, CA

Resurrection Catholic School, Los Angeles, CA

Robert F. Kennedy Elementary School, San Jose, CA

San Miguel Catholic School, Los Angeles, CA

San Miguel Children Center, San Francisco, CA

Santa Clara Elementary School, Oxnard, CA

Santa Rosa de Lima Catholic School, San Fernando, CA

Santee Elementary School, San Jose, CA

School of Santa Isabel, Los Angeles, CA

Selma Olinder Elementary School, San Jose, CA

Sierra View Elementary School, Oakdale, CA

Spartan Keyes Action Community Center, San Jose, CA

St. Agnes Parish School, Los Angeles, CA

St. Albert the Great Elementary School, Rancho Dominguez, CA

St. Aloysius, Los Angeles, CA

St. Anne School, Santa Monica, CA

St. Anthony of Padua, Gardena, CA

St. Bernard Catholic School, Los Angeles, CA

St. Bernard School, Bellflower, CA

St. Bridget of Sweden School, Lake Balboa, CA

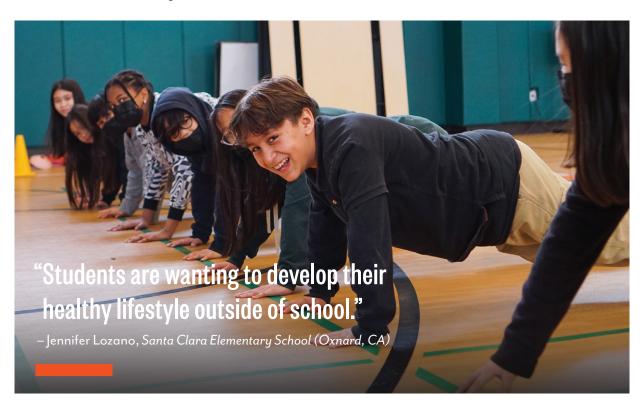
St. Columbkille School, Los Angeles, CA

OUR PARTNERS

Fiscal Year 2023 Partner List Continued

- St. Didacus, Sylmar, CA
- St. Elisabeth School, Van Nuys, CA
- St. Eugene School, Los Angeles, CA
- St. Frances of Rome Catholic School, Azusa, CA
- St. Frances X. Cabrini Catholic School, Los Angeles, CA
- St. Gertrude the Great, Bell Gardens, CA
- St. Helen Catholic School, South Gate, CA
- St. Ignatius of Loyola Catholic School, Los Angeles, CA
- St. Jane Frances de Chantal, North Hollywood, CA
- St. Jerome School, Los Angeles, CA
- St. John Chrysostom School, Inglewood, CA
- St. Joseph, La Puente, CA
- St. Joseph Elementary, Pomona, CA
- St. Joseph School, Hawthorne, CA
- St. Lawrence of Brindisi Catholic School, Los Angeles, CA
- St. Louis of France School, La Puente, CA
- St. Lucy School, Long Beach, CA
- St. Malachy, Los Angeles, CA
- St. Matthias School, Huntington Park, CA
- St. Michael's Catholic School, Los Angeles, CA
- St. Odilia Catholic School, Los Angeles, CA

- St. Patrick School, North Hollywood, CA
- St. Paul Dual Language Academy, Los Angeles, CA
- St. Peter and Paul School, Wilmington, CA
- St. Raphael Catholic School, Los Angeles, CA
- St. Sebastian School, Los Angeles, CA
- St. Turibius Catholic School, Los Angeles, CA
- St. Vincent School, Los Angeles, CA
- Stonegate Elementary School, San Jose, CA
- Stout Middle School, Dearborn, MI
- Sylvandale Middle School, San Jose, CA
- The First Tee of Silicon Valley @ Gavilan Golf Course, Gilroy, CA
- The First Tee of Silicon Valley @ Baylands Golf Links, Palo Alto, CA
- The First Tee of Silicon Valley @ Rancho Del Pueblo Golf Course,
 - San Jose, CA
- The Sanneh Foundation, St. Paul, MN
- Washington Elementary School, San Jose, CA
- Westlake Elementary School, Daly City, CA
- Windmill Springs Elementary School, San Jose, CA
- Woodrow Wilson Elementary School, Daly City, CA
- Yucca Elementary, Yucca, AZ





PARTNER SPOTLIGHT

Boys & Girls Clubs of North San Mateo County

Partner location: Pacifica, CA Number of kids served: 150+

How has Fit Kids helped your students?

Our partnership has benefited our students by giving them the opportunity to use a lot of the equipment that is new to them. When students see the equipment set up, they get excited and are ready to go. Fit Kids also gives our staff additional resources to enhance the quality of our programming.

Do you have a specific example of a student that has benefited from Fit Kids?

This summer, we had a Fit Kids Week where we emphasized the importance of physical fitness. We had activities disguised as games that made it competitive, supportive, and fun. One of the many girls who stood out was a club kid who used these days as challenges to see her growth throughout the week, such as beating her burpee count and her personal best on push-ups and showing the boys that she was just as good or better! She was motivated, and it inspired a lot of other girls to do their best, which was awesome.

What is the best part of working with Fit Kids?

The best part of working with Fit Kids is having the kids participating in various activities that are fun and challenging but give everyone the ability to see themselves getting better as they do it. Overall, it's just amazing to hear cheering, feel the energy, and see the laughter from the club kids during Fit Kids time.

FUNDER SPOTLIGHT



Founder Dr. Adel Korkor shares his passion for fitness and Fit Kids

Tell us a little about yourself:

Born and raised in Syria, my journey in medicine began, as a young child, for I have wanted to become a physician since the age of ten. In my thirty-seven years as a physician – first in academic medicine and then in clinical medicine – I have had the profound honor and privilege of touching countless lives. Now, however, I am embarking upon my second journey – addressing issues surrounding mental health. During the years of carefully tending to the nuances of the human body, I became intensely aware of the body and brain connection. I understood and experienced the complexity of the brain and the pivotal role that mental health plays in our physical well-being.

Why did you found the AB Korkor Foundation?

After a lifetime of being incorrectly diagnosed for a heart problem, I learned that I had anxiety and panic disorder. While working through treatment options including medication and therapy, I felt much better after finishing a run. I started training daily, even running marathons, and was able to change my treatment plan because of the benefit I gained from running. Determined to raise the alarm (and awareness), I started the foundation and its signature event, the Five Fifty Fifty Run/Walk for Mental Health. In 2018 and 2019, my team and I drove/flew to each of the fifty states over a 50-day span, where I ran a 5K in each state, day after day, to raise awareness, break the stigma and normalize conversations about mental health. The entire adventure covered over 22,000 miles and included over 5,000 participants in six years.

What is the mission of the Foundation?

Our mission is to make the world a better place for adults and children that suffer with mental health challenges. We strive to increase awareness surrounding the prevalence of mental health diagnoses, and the staggering difficulties that individuals face navigating mental health care in this country. From affordable and accessible care to removing the stigma, we're partnering with other mental health organizations to provide advocacy, education and research funding.

Why did you decide to support Fit Kids?

Our understanding of the relationship between physical activity and mental health is stronger than ever, and we know that aerobic exercise of any form is a key to maintaining a healthy body. There is so much evidence the same aerobic exercise is also a key to sustained mental health. In fact, the science is now demonstrating clearly that "Motion Impacts Emotion." The resulting hormonal effects of exercise, especially aerobic, positively impacts the frontal and temporal lobes of the brain. These are the areas that control our emotions, memory, concentration, and focus. This is why we support Fit Kids and their mission to help underserved youth create these healthy exercise habits at an early age.

Why are you excited to continue supporting Fit Kids?

We are excited to continue supporting Fit Kids because our missions align and we can see the direct impact that they are making on kids around the county. From their top notch physical activity curriculum that can be accessed digitally, to the trainings they provide to make it a smooth process. We look forward to our partnership growing with the goal of expanding in specific states where the program is needed most.

THANK YOU TO OUR DONORS

We are grateful to the corporations, foundations and individuals that supported Fit Kids in fiscal year 2023.



Fiscal Year 2023 Donor List

Corporate & Foundation Donors

AB Korkor Foundation
Anonymous (3)
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Chesler Construction
Diana Dollar Knowles
Foundation
Dick's Sporting Goods
Hercules Capital
Hunter Family Foundation
J&M Fund
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Los Angeles Lakers Foundation Mirnahill Foundation Palo Alto Weekly Holiday Fund Quest Foundation

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Speramus Foundation
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Teichert Foundation
The McDowell Family

The Morrison Foerster Foundation

Foundation

The Roberts Foundation
The Safeway Foundation

Individual Donors

\$25,000 and up

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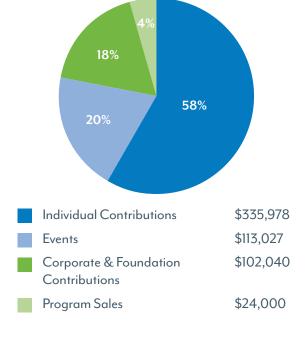
Auto Vino Tevyn Bonner Dryvebox Gino de Grandis Photography Steve Henry Ashley Hunter Rondy Isaac lacqueline Larsen Hannah Gross LeBoff Sergio Maldonado Omnya Medani Pamela Kato Design Share A Splash Sport Share Peter Tapao Chermayne Yago

FINANCIAL PERFORMANCE 2023

Our fiscal year 2023, which began on July 1, 2022 and ended June 30, 2023, was another strong year for Fit Kids. As in previous years, Fit Kids generated income from a variety of sources to support our growing programs. While individuals continue to be our largest source of funding, we have seen an increase in demand for our programs resulting in more program sales. The vast majority of Fit Kids programs are provided at no cost to the partner organization. However, in some circumstances when funding is available, organizations may purchase Fit Kids.

Fiscal year 2023 saw the same mix of expenses for Fit Kids as in years past. A majority of our expenses cover our program costs, including Fit Kids' ability to provide our program at no cost to our partners. Program expenses cover the costs to develop and update our curriculum, provide equipment to our partners, and provide training and program support throughout the year. Additional expenses for Fit Kids were related to our annual Celebration and Concert event, fundraising, and administrative costs.

Income by Category



Expenses by Category





1143 Crane Street, Suite 203 Menlo Park, CA 94025

Fit Kids Staff

Amy Gordon
DIRECTOR OF DIGITAL CONTENT

Ashley Honerkamp BOARD SECRETARY & LEGAL CONSULTANT

Ashley Hunter FOUNDER & EXECUTIVE DIRECTOR

David Jacobson
DIRECTOR OF PROGRAM
GROWTH & COMMUNICATIONS

Miles Nowack
DEVELOPMENT &
COMMUNICATIONS ASSOCIATE

Patricia O'Brien
DIRECTOR OF DEVELOPMENT

Valerie Saito
DIRECTOR OF EVENTS

Leslie Schott DIRECTOR OF STRATEGIC PARTNERSHIPS

Hope Sheid CURRICULUM CONSULTANT

Navita Wilson
DIRECTOR OF OPERATIONS

Chermayne Nohealani Yago TRAINER & CURRICULUM CONSULTANT

Fit Kids Trainers

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