

# Fit Kids National Overview



Fit Kids was founded in January 2011 with the mission 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.

## 2024-2025 PROGRAM REACH

**10**  
STATES

**2**  
COUNTRIES

**175**  
PARTNER LOCATIONS

**28,000+**  
TOTAL PARTICIPANTS

**PreK-8th**  
GRADE RANGE

## KEY ACTIVITIES & GOALS



### Physical Fitness Programs

Fit Kids offers physical activity and mindfulness exercises to help children improve and maintain their overall fitness and mental well being.



### Education and Empowerment

Fit Kids works closely with our partners to educate children about the importance of physical fitness and how it contributes to overall health and well being, empowering them to make healthy lifestyle choices.



### Promoting Healthy Lifestyles

Fit Kids aims to instill the importance of a healthy lifestyle in every participant, including the benefits of regular physical activity.



### Community Engagement

Fit Kids shares the importance of health and fitness with a broad audience of schools, after school programs and other organizations nationwide.



### Accessibility

Fit Kids works to provide children in underserved communities with access to regular physical education.

# THE FIT KIDS PROGRAM

Fit Kids provides a fun and easy-to-follow curriculum that gives students a daily opportunity for structured fitness, movement, and mindfulness activities. Our engaging activities, including cardiovascular exercises, strength training, and agility drills, are designed to improve physical fitness across a wide range of ages and skill levels. Each Fit Kids program includes:



## Physical Activity Lessons

- Dynamic warm up activities
- Fitness stations
- Relay races & obstacle courses
- Fitness games
- Static stretches
- Yoga poses & yoga flows
- Plus access to our free coach's app so our curriculum is easily accessible anytime!



## A Library of Videos

- Fitness movements
- Yoga poses & yoga flow
- Bodyweight workouts
- Dance fitness
- Mindfulness
- Fitness kits
- Plus access to our free student app - children can use the video library at home!



## Fitness/Playground Equipment

- Kettle bells & sandbells
- Flag belts
- Hurdles
- Speed parachutes
- Agility ladders
- Battle ropes

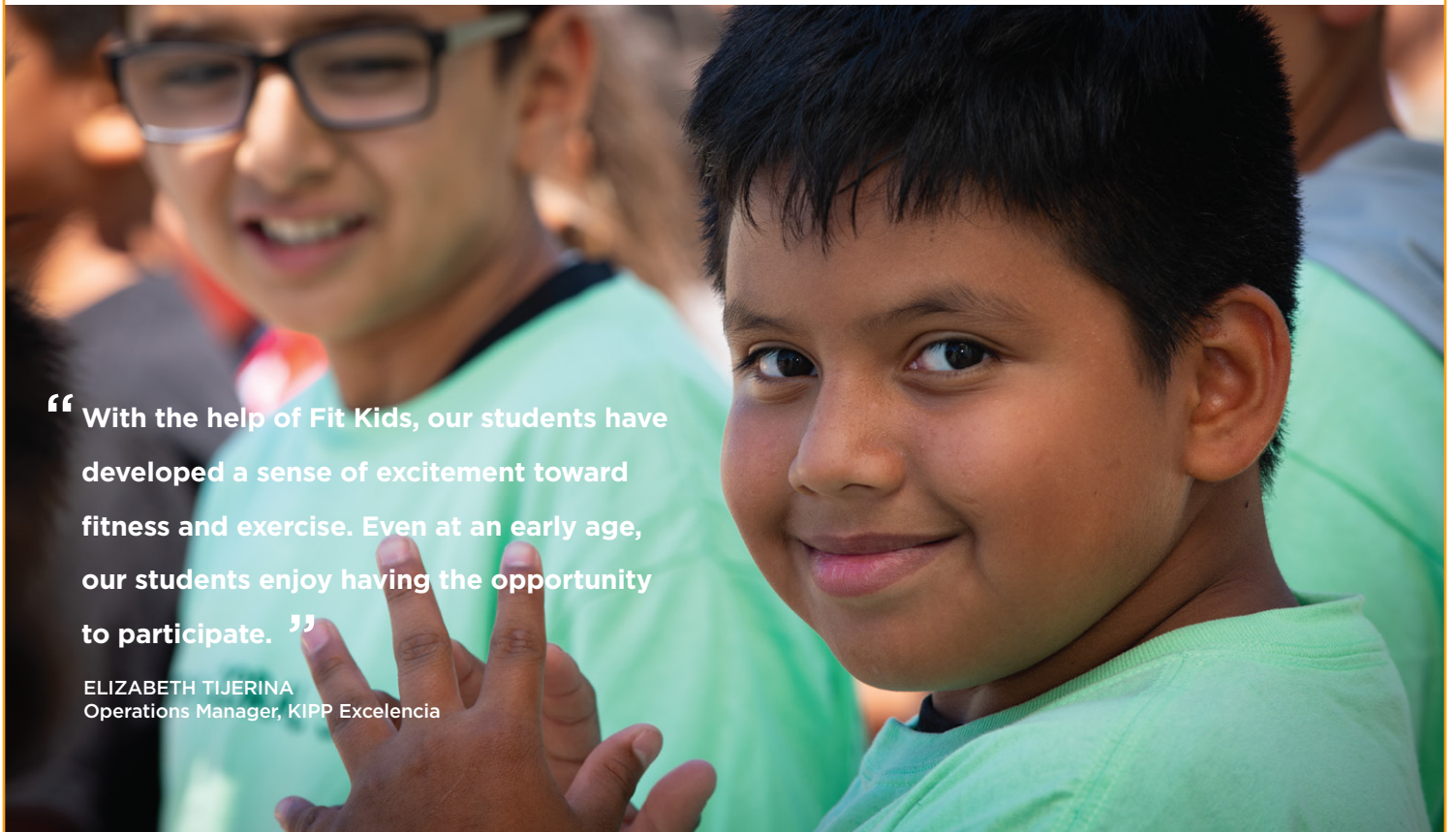


## Personalized Training & Support

- Personalized training & program support
- In person site visits when possible
- Surveys each year to collect impact data & feedback

“With the help of Fit Kids, our students have developed a sense of excitement toward fitness and exercise. Even at an early age, our students enjoy having the opportunity to participate.”

ELIZABETH TIJERINA  
Operations Manager, KIPP Excelencia

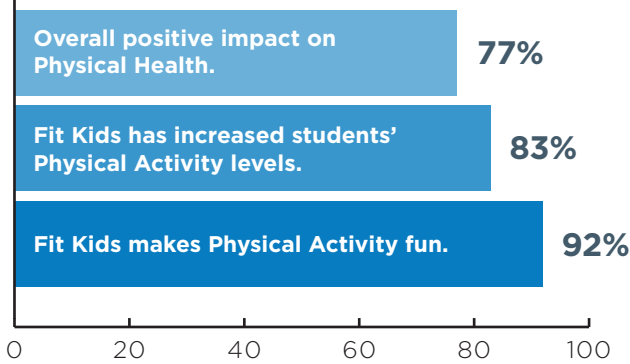


# IMPACT

Data collected from our partners at the end of the 2023-2024 school year indicates the strong positive impact Fit Kids makes on students physical and mental health.

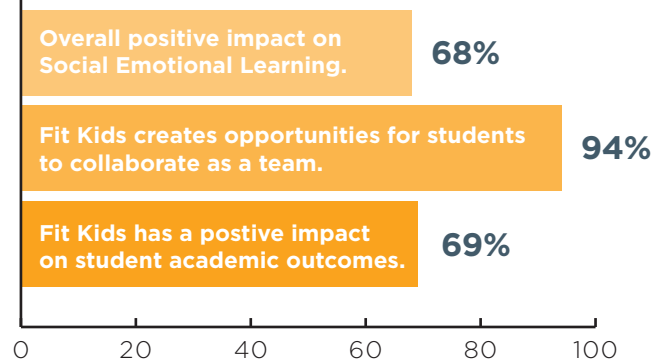
## Physical Activity

% of Partners That Agree



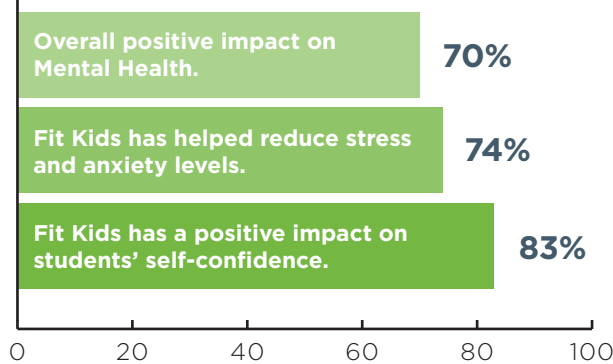
## Social Emotional Learning

% of Partners That Agree



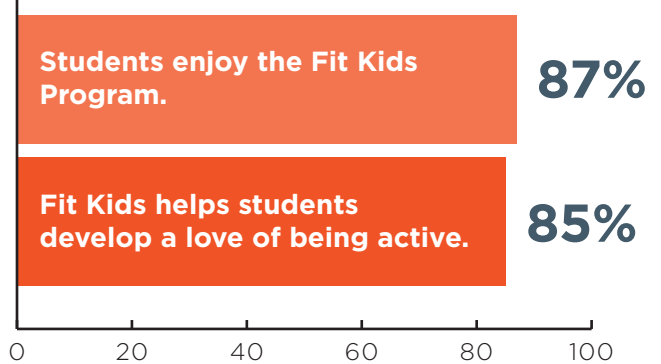
## Mental Health

% of Partners That Agree



## Overall Impact

% of Partners That Agree



“The collaborative activities found in the Fit Kids program allow our students to be active, but not intimidated with the prospect of winning or losing. Having fun and staying fit are the outcomes.”

DAVID CAVEN  
Horace Mann Elementary School



# OUR TEAM

## Staff

**Tevyn Bonner**  
FITNESS TRAINER

**Rondy Doval Isaac**  
YOGA AND MINDFULNESS  
INSTRUCTOR

**Amy Gordon**  
DIRECTOR OF DIGITAL CONTENT  
& PROGRAM ASSOCIATE

**David Jacobson**  
MARKETING &  
COMMUNICATIONS CONSULTANT

**Ashley Hunter**  
FOUNDER &  
EXECUTIVE DIRECTOR

**Miles Nowack**  
DEVELOPMENT &  
COMMUNICATIONS ASSOCIATE

**Sergio Maldonado**  
FITNESS TRAINER AND  
CONSULTANT

**Omnya Medani**  
FITNESS TRAINER

**Jenna Rosati**  
DIRECTOR OF DEVELOPMENT

**Hope Scheid**  
CURRICULUM CONSULTANT

**Eve Shen**  
YOGA AND MINDFULNESS  
INSTRUCTOR

**Peter Tapao**  
FITNESS TRAINER

**Nadia Vogel**  
GRANT WRITER

**Navita Wilson**  
DIRECTOR OF OPERATIONS

**Jeremy Wright**  
PROGRAM MANAGER

**Chermayne  
Nohealani Yago**  
FITNESS TRAINER AND  
CONSULTANT

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## For Donations



“ They enjoy the exercise games as it gets them moving and having fun, but it also helps foster teamwork and promotes more peer-to-peer conversations.”

CHRIS MORENO-HUNT  
First Tee Baylands Golf Links



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