



FitKids promotes daily physical activity and healthy lifestyle choices through a cooperative relationship with classroom teachers, youth leaders, and coaches. Leaders commit to becoming Movement Mentors and participate with their members in running, walking, jumping & playing for fitness and fun while addressing the following areas:

- **Goal Setting and Achievement**
- **Mathematics - Mileage Tracking**
- **Writing - Pen Pals**
- **United States & World Geography**
- **Volunteerism & Citizenship**
- **Computer Skills**
- **Intercultural Awareness**

Become a FitKids School or Community Fitness Team!

FitKids Movement Mentors are available for assemblies or classroom visits for any school or community group that agrees to make fitness a priority and take part in our world tour!

For program details contact Kathleen at: 509.945.3189

Become a Movement Mentor!

FitKids is accepting volunteers who would like to become Movement Mentors within our community. If you are willing to go through training then volunteer 3 hours of your time, 4 days per year, in classrooms or with a community group – call Kathleen for info at: 509.945.3189

Donate:

Your donation will help us continue to grow the program here in Yakima. We also accept donations in support of our sister school. Donations can be made at any branch of the Yakima Valley Credit Union – FitKids Feed a Friend account.



Movement Mentor and Team Responsibilities:

1. Commit to 5 – 7 minutes of vigorous movement 4 days per week.
2. Log your group's mileage either with our online fitness journal or via email sent to: miles@fitkidsusa.org.
3. Share bi-monthly email updates with your students regarding our tour progress.
4. Include health & fitness tips (provided by FK via email) in classroom newsletters.
5. Have your students write one short letter or postcard to encourage our sister school students in South Africa.

Optional:

1. February is FitKids Feed a Friend Month. .25 cents provides a meal for one student at Daniels School. To date FK has provided 10,400 meals to Daniels Students
2. Keep a Fitness Journal online and track your individual classroom's mileage across the USA! (this is very helpful to Tom & Kathleen and helps cut down on paperwork on our end so please consider!)

Costs:

1. \$30 per classroom that utilizes the online fitness journal.