

What is World Fit? World Fit is a non-profit organization that focuses on fitness and exercise in the lives of middle school students. Each school is assigned an Olympian or a Paralympian athlete to act as a mentor and role model. The Olympian will come to our school to deliver an inspirational speech to motivate the students. The World Fit mission is to mobilize these inspirational world athletes and leaders to create a culture of fitness for children worldwide that will overcome serious lifelong health consequences.

How does World Fit work? Each student that participates in World Fit tallies his/her physical activity on the website (www.worldfit.org). We compete with other schools in the area to see which school completes the most activity. The friendly competition and the Olympic spirit along with the support of you and our school make World Fit a winning combination.

Why are we doing this? The short answer: for the first time in decades, children are not expected to outlive their parents! Obesity rates have tripled since 1980 and studies show obese children between the ages of 10 and 13 have an 80% chance of becoming an obese adult. In addition, healthcare costs are rising because of obesity (\$147 billion annually). We need to break this cycle and help children get on the right path to lifelong fitness and health. Students tell us World Fit has helped them in class with mental clarity, some report weight loss, others have more energy and much more.

What's YOUR role? There are a few things that you can do as a parent to support your child's World Fit initiatives. You can walk with your child and help him/her earn "buddy miles". This is also a great way for you to spend time with your child and to also get some exercise in the process. By registering as a World Fit Buddy, you can log in your own miles for walking or sports and you can donate half of them to any student who is registered in the World Fit Walk. You get the benefit of the exercise and the student and school get the benefit of your miles! However, we hope you will consider walking with your child to show support of his/her participating in the World Fit Walk. With your support, we hope World Fit is the beginning of a lifelong commitment to health and wellness.

For more information, please visit the World Fit website at www.worldfit.org.