

**Dear XXX Middle Parents,**

**XXXX Middle School is excited to announce our schools' participation in an Olympian-created fitness program called the World Fit Walk. It is designed to get our Children outdoors once again and moving -- like we did at their age!**

**The World Fit Walk is a simple program that begins on (start date) - the day we return after Spring Break. Your child will walk on school grounds, 40 minutes a day, for six weeks ending on (end date). S/he will have the opportunity to earn World Fit and President's Council certificates and Olympic-style medals.**

**This six week Walk is in its third year in Middle Schools nation wide. It is the incredible success of the Walk to date that convinced me to join the action and get our students involved in this fitness challenge.**

**On the reverse side of this letter are the details of the Walk that will answer your questions. Please read them over and you'll agree this Olympian fitness project is an easy "Must Do" for XXXX Students.**

**The health and fitness of XXX Middle School students needs attention both during AND after school. Please notice as you read, how parents can be involved. I hope each family will embrace the World Fit Walk at home as we are embracing it here in school.**

**As always, the Faculty and Staff at XXXX Middle School appreciates the families of our students and we look forward to your interest and support for the World Fit Walk at our school.**

**Sincerely,**