



**Olympian mentored six-week walking competition designed to instill the importance of healthy living and Olympic values of perseverance, respect and fair play.**



**Founded by the United States  
Olympians Association**

World Fit's mission is simple...  
to promote a culture of health  
and fitness for children. World Fit  
strives to eradicate childhood  
obesity and reduce the enormous  
toll obesity has taken on families,  
society and healthcare systems.





## About World Fit

The World Fit Foundation was founded by Olympian and physician, Gary Hall, Sr. Upon learning that his son, Gary Hall, Jr., an Olympic swimmer, had been diagnosed with type 1 diabetes, Gary Sr. began taking action. He worked with an endocrinologist to help his son continue to train at a high level. The efforts were successful and his son went on to win 6 more Olympic medals and set world records after being diagnosed with diabetes.

When Gary's son retired from his athletic career, Gary Sr. and Gary Jr. began setting new goals around diabetes. Gary Sr.'s focus has been on type 2 diabetes and eradicating childhood obesity. Through the creation of the World Fit Foundation in the spring of 2009, Gary Sr. is leveraging the benefits of nutrition and fitness to combat the risks associated with childhood obesity.

In the past four years, World Fit has made great strides to combat the childhood obesity epidemic. In partnership with corporations, health organizations, and schools, World Fit has organized a six-week annual walking and physical activity program for students. The World Fit Walk pairs Olympians and Paralympians with each school to act as mentors and role models for healthy living and to motivate students.

The World Fit Walk encourages students to engage in physical activity, but also has the added benefits of reducing behavioral infractions, spurring school spirit and enhancing socialization activities as students come together during the Walk to compete against other schools.

If World Fit realizes its potential, millions of children and adolescents will be touched with a personal inspirational message from an Olympian or Paralympian each year, but more importantly these children will have the knowledge and tools they need to avoid becoming a statistic.





In 2013, World Fit continued to expand its program, forged new partnerships with companies dedicated to combating obesity, and gave students the opportunity to improve their health and fitness.

## In 2013, the World Fit Foundation...

- Inspired more than 31,000 children in 80 schools to walk more than 1.8 million miles over 40 consecutive days.
- Instilled in students the importance of healthy living and Olympic values of perseverance, respect and fair play.
- Enlisted the support of 63 Olympians and Paralympians to mentor students.
- Launched World Fit in the Cayman Islands.
- Created the Buddy Program to engage adults in the program.

### World Fit has a presence in the following states (and Cayman Islands):

Arizona  
California  
Colorado  
Florida

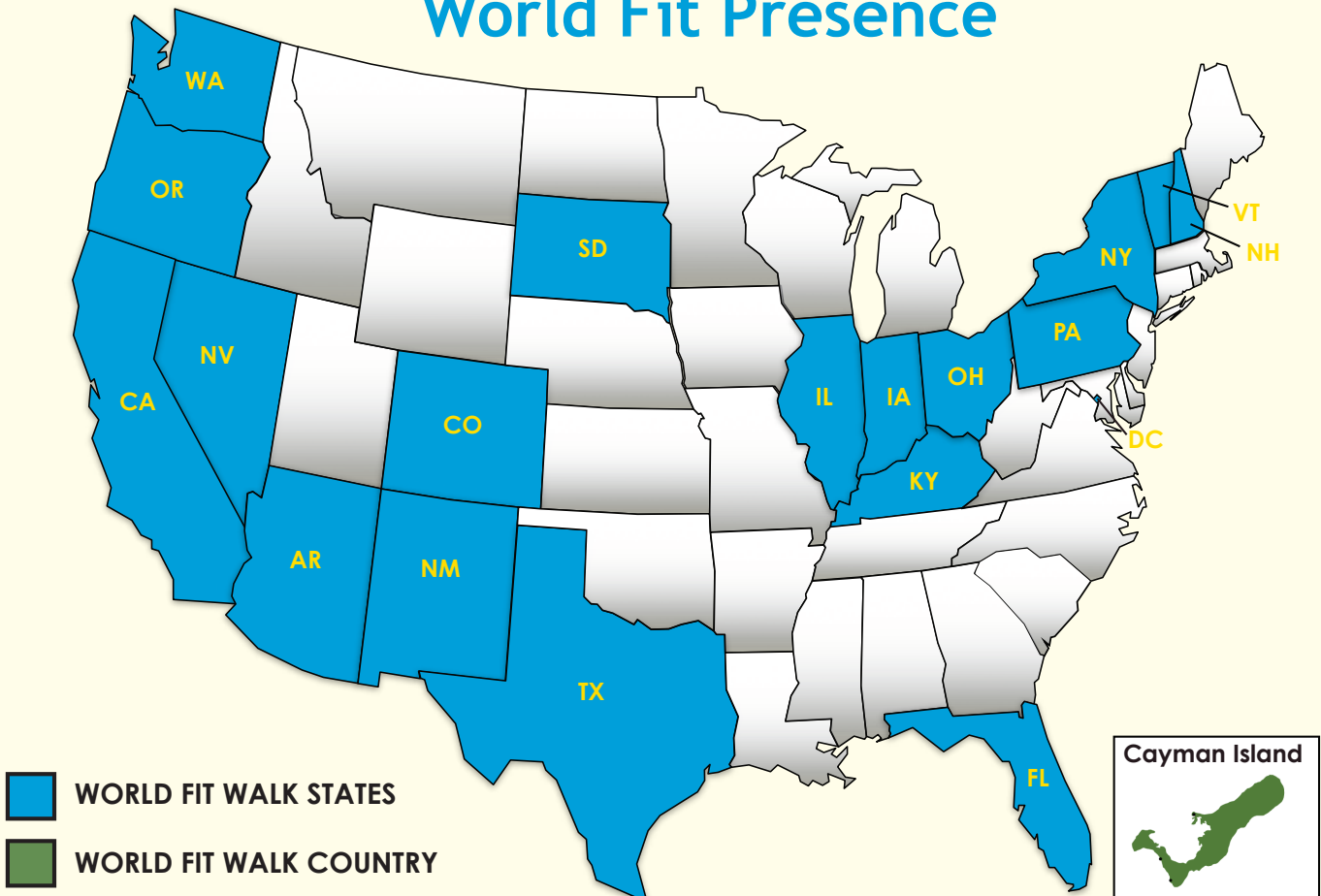
Illinois  
Indiana  
Kentucky  
Nevada

New Hampshire  
New Mexico  
New York  
Ohio

Oregon  
Pennsylvania  
South Dakota  
Texas

Vermont  
Washington D.C.  
Cayman Islands

## World Fit Presence



## Program Overview

The agreement in the medical community on the seriousness of the obesity epidemic was reflected in the recent decision by the AMA to re-categorize obesity as a disease. Childhood obesity is a major public health problem regardless of gender, socio-



economic status or ethnicity. Schools provide an opportunity to implement obesity prevention strategies among large and diverse pediatric populations.

The World Fit Walk is a six-week competition that runs annually each spring on school campuses. At the start of the competition, Olympians visit their assigned schools to speak to students about the importance of daily exercise and of living a healthy lifestyle. Then, for 40 consecutive days, every student at the school walks for 15-40 minutes each day. Students log and track their miles on the World Fit website and receive credit for all forms of exercise and sports, which are converted into equivalent walking miles. At the end of the program, schools

earn gold, silver, or bronze level status, and the students that reach specified milestones are awarded medals and are given certificates signed by their Olympic mentors.

Now in its fourth year, the World Fit Walk has grown to over 80 schools and over 31,000 students in the U.S. and the Cayman Islands. World Fit Walk participants are not only students



but also include thousands of teachers, family members and corporate friends. These community participants, who are known as "Buddies", join in the World Fit Walk and donate their exercise miles to students in the Walk.

Socializing with friends, and learning about healthy lifestyles throughout the course of the program all contribute to the improved health of the participants and to making the program a success.

## And The Winners Are...

The National World Fit Champions are determined by average miles walked per student over the 40 days of the walk in two different categories, small and large schools. Small schools have up to 500 students and large school have more than 500 students.



### TOP THREE LARGE SCHOOL WINNERS

Rank	School	Location	Miles Logged	Miles per Student per Day*
1	Beaumont Middle School	Lexington, KY	225,561	5.0
2	Sam Tasby Middle School	Dallas, TX	76,034	3.6
3	John B. Hood Middle School	Dallas, TX	100,198	3.1

### TOP THREE SMALL SCHOOL WINNERS

Rank	School	Location	Miles Logged	Miles per Student per Day*
1	Cary Middle School	Dallas, TX	107,201	6.3
2	HEAR	Rockwall, TX	9,409	5.3
3	Frank Davidson Elementary	Phoenix, AZ	80,264	4.5

\* Includes all sports and activities converted to miles





## Support

World Fit is incredibly grateful for the funding support of our donors that enabled more than 31,000 students to participate in the World Fit Walk this year. Investing in the health of our youth yields positive returns for our communities, now and in the future.



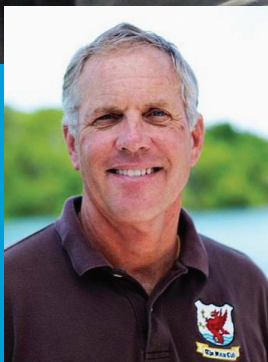
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### World Fit Foundation

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[www.worldfit.org](http://www.worldfit.org)

World Fit is a 501 3(c) non profit organization



Dear Friends,

The transformation that occurs each year when more than 31,000 students gather each day for six weeks to participate in the World Fit Walk is inspiring. The energy present when a student body assembles to hear the motivating words of an Olympian at the kick-off of the Walk is palpable. The excitement exhibited by students when they come together during the school day to socialize and exercise validates the positive impact our work is having on the lives of the children

we serve. Anyone witnessing World Fit in action will attest to its ability to empower children to begin the process of developing healthy lifestyles and thus play a role in combatting childhood obesity. We have gathered and now share the following information that attempts to quantify our positive outcomes.

Many thanks to all of you who have contributed to another successful year of the World Fit Walk. We hope you'll continue to walk with us on our journey to end childhood obesity. We cannot do it without you.

Yours in health,  
Gary Hall, Sr.  
Executive Director