













Project Fit America (PFA) is a national public charity organized for the sole purpose of creating and donating innovative Fitness in Education programs to schools. Our core goal and mission is to support sustainable opportunities for kids to be active, fit and healthy!

What makes PFA unique is that the majority of our donors have been hospitals and healthcare providers. Since 1990 we have raised over \$11,000,000.00 resulting in the development of over 870 exemplary school fitness programs in over 300 cities in 43 states.

The PFA program is donated to schools working with an area healthcare partner in exchange for their commitment to integrate the program into their existing school structure. The schools also take part in a two-year tracking of the children's improvements through pre and post fitness tests administered each fall and spring.

**Program Components donated to each school include the following:**

- ❖ State-of-the-art outdoor, above ground fitness equipment.
- ❖ Indoor fitness equipment:
  - 1,000 Fitness Cups. These are used for explosive cardio, teamwork, challenge and cooperation with the kids.
  - A squad set of 5 Sports Hoops. The hoops are 3 pounds in weight and used for creating upper body strength, cardio, abdominal training and development.
- ❖ Mentor Teacher and Training. A PFA Mentor PE Teacher is assigned to each school individually. They work hands on with each school's PE Teacher and help them to customize the program to each school's unique facilities, scheduling and student population.
- ❖ Curriculum. A comprehensive *Core Curriculum* for the PE Teacher as well as a *Broad Based Curriculum* for classroom teachers.
- ❖ Lesson Plan Support Materials essential to lessons in our curriculum. This includes: 200 food models, 6 sets of laminated skeleton bones, bank of play money, a Word Wall, Chart & Challenge Hallway displays, PE Music CD, Pacer Cardio Shuttle Run CD and unlimited certificates, star stickers and ribbons for student reward and incentive.

These resources are the permanent property of the school and are used to create fitness activities that every student will be excited to participate and join in.

**Project Fit America on line:**

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

