A NATIONAL ‘MOVEMENT’ FROM A 501(c)3 CHARITY

PROVIDE 50 MILLION CHILDREN
IMPROVED PHYSICAL & MENTAL HEALTH
FOR LIFELONG HAPPINESS
FOR < $10 PER CHILD

TODAY’S AMERICA
INACTIVITY PANDEMIC

PHIT AMERICA
50 MILLION HAPPY & HEALTHY KIDS

ACTIVE KIDS ➔ HEALTHY KIDS ➔ BETTER STUDENTS

IMPROVED PHYSICAL & MENTAL HEALTH & LIFELONG HAPPINESS

IMPROVED PHYSICAL HEALTH
• ACTIVE KIDS ARE LESS LIKELY TO SMOKE OR USE DRUGS
• ARE 1/10TH AS LIKELY TO BE OBESE
• REDUCES THE CHANCE OF HEART DISEASE, CANCER, DIABETES, ETC.
• PROTECTS FROM COVID-19

IMPROVED MENTAL HEALTH
• 20+ STUDIES CONCLUDE… FIT KIDS PRODUCE BETTER GRADES
• PHYSICAL ACTIVITY REDUCES DEPRESSION
• ACTIVE KIDS HAVE HIGHER SELF ESTEEM

LIFELONG HAPPINESS
• THE RESEARCH IS CLEAR – ACTIVE PEOPLE ARE HAPPIER
• MORE ACTIVE KIDS ARE MORE SUCCESSFUL IN BUSINESS
• 96% OF C LEVEL FEMALE EXECUTIVES PLAYED SPORTS GROWING UP

INCREASED PHYSICAL ACTIVITY - THE ‘WONDER DRUG’
THE ‘INACTIVITY PANDEMIC’ - FACTS

LAST PLACE
- UNICEF just reports US kids are ranked 38th out of 38 countries in physical health

93% UNHEALTHY
- 50 million or 93% of all children are not active to CDC physical activity standards

NOT FIT, NOT COMPETITIVE
- USA kids are ranked 47th out of 50 countries in fitness

CORONAVIRUS VULNERABLE
- 60% of kids will be obese by the age of 35

SEDENTARY SCHOOLS
- Nearly 50% of schools have no physical education

ACADEMIC FAILURE
- Inactive kids don’t do as well in school

INCOME INEQUALITY
- Less active, specially women, are not as successful

SOURCES FOR ALL RESEARCH CAN BE FOUND AT IP.PHITAMERICA.ORG

THE PERFECT PROGRAMS IN THE COVID-19 ENVIRONMENT

RUNNING & WALKING SCHOOL PROGRAM
- Primes the brain for better learning
- $4000 for an entire school for 3 years
- Using technology to track miles run
- Less than $10 cost per child
- In 120 schools helping 75,000 children

AFTER SCHOOL SPORTS PROGRAMS
- Tennis or Golf programming
- The pathway to lifelong health
- Teaches basic skills – Fun – Beginner equipment
- Working with coaches in tennis & golf
- Additional $4000 – 1 year of instruction

PROVEN – WE HAVE HELPED OVER 540,000 KIDS IN 800 SCHOOLS

OVERALL
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FOR MORE INFORMATION