





**A World Fit For Kids!**

# Physical Activity Leadership



What is the Vitamin of  
choice for Happy people?



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**B1**



## WFIT Mission

Preparing young people for fit  
& fulfilling lives



## WFIT Vision

Kids are fit, healthy &  
ready to learn!



# About WFIT

- Intentionally addressing healthy behaviors since 1993 through mentoring activities after school
- Providing daily afterschool programming at 11 Los Angeles elementary, middle & high schools
- Providing exemplary fitness and nutrition programming and training with limited funding
- Supported by LACOE Funded by Kaiser Permanente



# After School Healthy Behaviors Initiative (HBI):

- Provide at least 30 minutes of moderate-to-vigorous physical activity (MVPA) daily
- Make water the drink of choice
- Offer a meal OR a snack and a meal during program



# Quality Physical Activity

- Planned with a Purpose & Objective
- Set Boundaries & Rules
- Uses Clear Communication (Tell, Show, Do)
- Everyone is Included
- Everyone is Successful
- Safe, Meaningful & Fun





# What Does It Look Like?



# Instant Activities

Dynamic Stretches

Grouping Games

Circle Games

# How Does It Feel?



# Be Effective & Efficient

Expand your repertoire exponentially by altering the objectives and outcomes using 3 simple strategies:

RULES – add math, add literacy, time challenges, adjust complexity of skills

EQUIPMENT – use large & light for less skilled or younger kids, smaller & heavier for more skilled or older kids

SPACE - increase or reduce boundaries

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# What more can I do?

Schedule a minimum of 30 minutes of moderate-to-vigorous physical activity daily.

- Integrate energy breaks & movement into all programming

Make sure clean, fresh water is available

Adopt the “No Excuses, Find a Way” motto to put your health & the health of your kids first!



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For more information on PAL training

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