



Dear Parents and Friends:

From Monday, April 30 through Friday, May 4, 2007, My Gym Children's Fitness Centers will help kick off National Fitness Month with a week dedicated to teaching children the importance of fitness, proper nutrition and fun! Not only are we planning exciting things for the children this week, we will also be working on some fun and simple ideas (including handouts) for our parents and caregivers, demonstrating that a wholesome diet and regular exercise are important at any age.

The highlight of this week will be on **Friday, May 4<sup>th</sup>**, when My Gym and My Gym Challenged America join forces once again to host our Second Annual Kids for Fitness Challenge. On May 4<sup>th</sup>, during a 30-minute planned program, children of all ages will jump, run, play, exercise, have fun and make a commitment to be healthy and fit. While exercising, our participants will also be raising money for the My Gym Challenged America Foundation, a nonprofit organization committed to improving the lives of children who are physically challenged, cognitively delayed, underprivileged, at-risk or suffering economic difficulties. This is truly a one-of-a-kind event where children across the United States and Canada, in over 170 My Gyms, will demonstrate the importance of being active and staying healthy. Equally as important, children will also show that even "kids" can help make a difference by raising money for children in need.

**How does the Challenge work?** On Friday, May 4, from 1:15 – 6:15 PM (Times may vary by location.), each My Gym will have ½-hour time slots scheduled during the day where children of all ages will join in a planned fitness program. Children will be encouraged to sign up in advance to ensure that the program elements are age-appropriate, challenging and fun. Parents of children 3 years and under are asked to stay to accompany their youngsters through the Challenge. If space permits, children are invited to attend a second consecutive session and exercise for one full hour.

**How do children raise funds for MGCA?** Participants will ask their family and friends to sponsor them as they pledge to become healthy and fit. Contributions of any amount are welcome and may be accepted in cash or check (made payable to My Gym Challenged America Foundation). No child should go door to door asking strangers for money. **While fundraising is not a requirement for participation in this event, we are requesting that children bring a \$5 entry fee plus any contributions they have collected.** All proceeds raised will go directly to My Gym Challenged America. In 2006, our Kids for Fitness participants raised over \$33,000 for Challenged America.

Since proper nutrition is as important as frequent exercise in becoming and staying healthy, participants in our Fitness Challenge (and their families and friends) will also receive pointers on healthful eating and ways to make exercise fun!

If you would like additional information on our Kids for Fitness Challenge or the My Gym Challenged America Foundation, please visit our websites at [www.my-gym.com](http://www.my-gym.com) and [www.challengedamerica.com](http://www.challengedamerica.com).

Thank you in advance for your support. **PLEASE REGISTER YOUR CHILD TODAY!** This is going to be an amazing event!

My Gym and The My Gym Challenged America Foundation