



Overview

In 2010, we were a handful of committed volunteers with passion and an idea: to improve the health and wellness of local kids through physical activity and healthy eating. Today, we are an established and well-respected nonprofit dedicated to “making healthy fun” by offering programming in more than 50 schools across the region and policy work to encourage healthy habits for thousands of kids.

Mission

To improve children’s health and wellness through physical activity and healthy eating.

Vision

A community where every child has the opportunity to live a healthy life.

Year Launched	2010
Program Locations	Richmond, Henrico, Petersburg, Chesterfield, Prince George, Hopewell
HQ Location	Richmond, VA
Media Contact	Leigh Busby - leigh@grfit4kids.org

Fit4Kids believes that active, well-nourished children perform better in school, have greater self-esteem, and grow to lead happy and healthy lives.

Our Work

Fit4Kids programs are designed to make healthy fun by promoting movement, active play, and the consumption of fresh, nutritious foods. We also work to ensure that schools and systems support children's health and wellness.

Since Fit4Kids' founding in 2010, our team has built trusted community partnerships with our comprehensive approach. Our collaborative, trained team members have established a proven track record with schools, parents, and students.

Key Programs

Learning Gardens

Fit4Kids Learning Gardens and nutrition education feed students' appetite for hands-on delicious fun! Fit4Kids Learning Gardens engage children in planting, growing, harvesting, and best of all, tasting fresh, flavorful food--changing the way children feel about vegetables. We believe that getting kids into the garden and tasting vegetables at a young age will inspire them to develop healthy eating habits for life.

Game On, Girl!

Game On, Girl! empowers adolescent girls to be physically active, nutritionally fit, and ready to take on the world! We believe that girls should be confident, fearless, and unapologetically themselves. Our programs instill lifelong healthy habits, while teaching values that count on and off the court.

Wellness Integration

Fit4Kids' Wellness Integration is an innovative program that empowers classroom teachers to incorporate kinesthetic strategies and health promotion messaging in the classroom, creating a healthy, active environment for students.



Mary Dunne Stewart, CEO

As Fit4Kids CEO, Mary Dunne Stewart is responsible for program development, oversight, evaluation and community partnerships. Mary has more than seventeen years' experience in nonprofit management, policy research, and advocacy related to children's health and wellness issues.

STRATEGIC PLAN

MISSION

To improve children's health and wellness through physical activity and healthy eating

VISION

A community where every child has the opportunity to live a healthy life

VALUES

- Possibility
- Excellence
- Equity
- Persistence
- Collaboration



PROGRAMMING EXCELLENCE

Lead high-quality, effective, children's health and wellness programs



- Goal 1:** Expand programming to serve early childhood through college aged youth
- Goal 2:** Provide every Title I school with access to school garden programming
- Goal 3:** Reach more schools through training and consulting

COMMUNITY COLLABORATION & IMPACT

Advance policies at the school, local, state, and federal level while centering community member and student voices

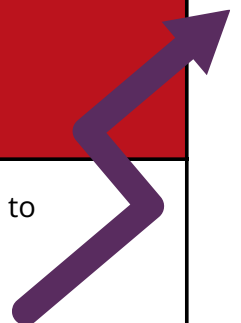


- Goal 1:** Collaborate to amplify community voices in advocacy work
- Goal 2:** Expand access to healthy meals and hydration in schools
- Goal 3:** Expand active transportation and crossing guard program in Richmond Public Schools to enhance safety and accessibility

ORGANIZATIONAL HEALTH

Foster and promote a diverse and sustainable organization

- Goal 1:** Recruit and retain a diverse and engaged workforce to support organizational growth
- Goal 2:** Enhance communications to expand stakeholder engagement and Fit4Kids as a known entity



Program Photos



Participants of Fit4Kids' Game On, Girl! program joining as a team after leadership session



Kids at RPS site receiving hands-on lesson at Fit4Kids Learning Garden



Families walking at annual Walk to School Day event supporting active transportation



Students enjoying an active classroom lesson combining academic learning and fun



Participant conquering climbing wall during annual Summer Summit camp part of Fit4Kids' Game On, Girl! program



New playground at Petersburg Public School where Fit4Kids helped to secure funding

Video - [Who Fit4Kids is](#)

For more information, contact Leigh Busby at leigh@grfit4kids.org or (512) 496-2707