



"Help me educate and motivate our young people. Being a winner is not wearing a gold medal around your neck. Being a winner means embracing health and fitness, committing to an active lifestyle, and having fun doing it!"

*Don-Miguel, Chairman
Fit-for-Me Foundation*

214.347.9466

**25 Highland Park Village, Suite 100-726
Dallas, TX 75205**

www.fit-for-me.org

Our Mission

To advocate and advance physical fitness & wellness throughout one's life by educating and mentoring the young people in America (K- College).

Our Purpose. Fit-For-Me Foundation will:

- Advance the Fitness & Wellness Profession,
- Support the Fitness & Wellness Industry,
- Champion Fitness & Wellness Causes, and
- Support the Community by providing resources, subject-matter expertise, and education.



Our Goals

- Recognize the value of young people and education in our communities.
- Provide a comprehensive formula to lead better and healthier lives including direction and incentives to work out, via speaking engagements by current fitness & wellness experts, sport figures and celebrities.
- Create awareness of career opportunities available in the fitness & wellness industry.
- Provide real-life experience in varying professional paths in the fitness & wellness industry through internships and other programs.
- Develop concrete plans for the pursuit of further education or a career in the fitness & wellness field.

Students

Internships: Fit-for-Me Foundation is currently matching students interested in careers in the fitness & wellness and health industries with internships at organizations and businesses in the Dallas/Fort Worth area.

Please contact us if you are a student seeking an internship or an employer or organization with intern positions available.

Scholarships: Fit-for-Me Foundation has scholarships available for college tuition and certification programs. Interested candidates should be in the process of pursuing a degree in health promotion, exercise science, nutrition or other related health degree. Deadline of application must be received at Fit-for-Me Foundation's office on or before May 10th, 2007. Visit our Scholarship page on our website for further details and an application.

Educators

Fitness & wellness experts, sports figures and celebrities are available to speak with your students concerning fitness & wellness, health, career possibilities and motivation to pursue a healthy lifestyle.

Please contact Don-Miguel at dm@fit-for-me.org or (214) 347-9466 for availability and scheduling.

Sponsors

Fit-for-Me Foundation is currently seeking sponsors for various activities and is in the process of developing a participation-based sponsorship program.

Benefits will include:

- Acknowledgement as a sponsor in our media releases
- Opportunity to place your signage at our events
- The inclusion of your company name and logo on all event advertising and programs
- The inclusion of your company logo on our event T-shirts
- Opportunity to provide literature and giveaway items with your logo for distribution at our events
- Your logo and link on our website
- A sponsor badge to place on your website



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You Can Help!

Cash Donations: Please make a tax-deductible donation, securely on our website.

Volunteer Signup: Jump in and volunteer for a number of upcoming activities. Any help you can give is appreciated.

Speaking Engagements: Speak at schools in the Dallas/Fort Worth area and share your experiences and insight into careers in your industry. Serve as a role model to our young people.

Internships: Please contact us if your organization or business is in a position to work with an intern.

In-kind Donations: A donation of any excess fitness equipment from jump-ropes to Bowflex, or any items that we could either put into service or sell or auction to raise funds, would be greatly appreciated.

Sponsorship Opportunities: We are currently seeking sponsors for various activities and developing a participation-based sponsorship program. Please contact us to be considered as a sponsor and to find out what opportunities are currently available.

Matching Gifts: Many companies offer matching gift programs to encourage employees to contribute to charitable organizations. Most of these programs match contributions dollar for dollar, and some will even triple the amount of your gift! Please check with your company to see if it has a matching gift program that will match your gift.