

Dr. Lawrence S. Feldman, Vice Chair

**SUBJECT: REQUEST APPROVAL OF RESOLUTION NO. 11-002 OF THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA, RECOGNIZING WORLD FIT WALK**

**COMMITTEE: INSTRUCTIONAL EXCELLENCE AND COMMUNITY ENGAGEMENT**

**LINK TO STRATEGIC FRAMEWORK: STUDENT, PARENT, AND COMMUNITY ENGAGEMENT**

Childhood obesity is a serious concern in the United States, with 25 million children and adolescents classified as obese or overweight. According to the Centers for Disease Control and Prevention, childhood obesity has more than tripled in the last 30 years. Children between the ages of 10 and 13 who are obese have an 80 percent chance of becoming obese adults and are at a greater risk for high cholesterol and high blood pressure, heart disease, bone and joint problems, and social and psychological problems. Healthy lifestyle habits, including eating well and physical activity, can lower the risk of becoming obese.

Founded in 2006 by Dr. Gary Hall, World Fit is a walking program for middle school students designed to promote a culture of health and to teach students the importance of lifelong fitness and physical exercise. An initiative of the U.S. Olympians Association, World Fit works with Olympians and Paralympians who serve as mentors and role models to teach students about fitness and the Olympic values of perseverance, respect, and fair play.

The World Fit Walk is a six-week program through which students participate in a daily walking regimen. The number of miles that each student walks is logged each day and totaled. All program activities take place on school grounds on a measured course and are supervised by teachers. Additional credit miles can be earned by walking with a buddy. The top three Miami-Dade County Public Schools (M-DCPS) students participating in World Fit Walk 2010 were Samantha Morgan of Miami Beach Senior High School, Aleyah Alford of Shenandoah Middle School, and Dayanna Mogollon of Riviera Middle School. Now a freshman at Miami Beach Senior High, Samantha logged more than 1,000 miles while a student at Nautilus Middle School. Aleyah also logged more than 1,000 miles and Dayanna logged more than 500 miles.

Miami-Dade County Public Schools commends World Fit for its contributions to the students of Miami-Dade County Public Schools and commitment to promoting a healthy lifestyle.

**ACTION PROPOSED BY VICE CHAIR  
DR. LAWRENCE S. FELDMAN:**

That The School Board of Miami-Dade County, Florida, approve Resolution No. 11-002 of The School Board of Miami-Dade County, Florida, recognizing World Fit, a walking program for middle school students.

**RESOLUTION NO. 11-002  
OF THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA,  
RECOGNIZING WORLD FIT, A WALKING PROGRAM FOR MIDDLE SCHOOL STUDENTS**

**WHEREAS**, childhood obesity is a serious concern in the United States, with 25 million children and adolescents classified as obese or overweight; and

**WHEREAS**, healthy lifestyle habits, including eating well and physical activity, can lower the risk of becoming obese; and

**WHEREAS**, founded in 2006 by Dr. Gary Hall, World Fit is a walking program for middle school students designed to promote a culture of health and to teach students the importance of lifelong fitness and exercise; and

**WHEREAS**, the World Fit Walk is a six-week program through which students participate in a daily walking regimen; and

**WHEREAS**, the top three Miami-Dade County Public Schools (M-DCPS) students participating in World Fit Walk 2010 were Samantha Morgan of Miami Beach Senior High School, Aleyah Alford of Shenandoah Middle School, and Dayanna Mogollon of Riviera Middle School; and

**WHEREAS**, Miami-Dade County Public Schools commends World Fit for its contributions to the students of Miami-Dade County Public Schools and commitment to promoting a healthy lifestyle;

**NOW, THEREFORE, BE IT RESOLVED THAT:**

The School Board of Miami-Dade County, Florida, approve Resolution No. 11-002 of The School Board of Miami-Dade County, Florida, recognizing World Fit, a walking program for middle school students.

A copy of this resolution is placed in the permanent records of this Board.

**Presented this twelfth day of January, A.D. 2011**

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA

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CHAIR

ATTEST:

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Secretary