

Ms. Raquel Regalado, Board Member

**SUBJECT: REQUEST APPROVAL OF RESOLUTION NO. 15-093 OF
THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA,
HONORING FIT KIDS DAY**

COMMITTEE: ACADEMICS, EVALUATION AND TECHNOLOGY

**LINK TO STRATEGIC
BLUEPRINT: SAFE, HEALTHY AND SUPPORTIVE LEARNING
ENVIRONMENT**

Fit Kids Day began in 2011 when founder Sofia Victoria de la Peña was in sixth grade and she sought to create a day filled with outdoor activities and healthy food alternatives so that kids could proactively fight against childhood obesity.

Today, students spend an average of 7.5 hours a day using entertainment media such as video games, which leaves little time for physical activities. Only one-third of children are getting the recommended 60-minutes of physical activity per day, an essential component of a healthy lifestyle.

Fit Kids Day involves students, parents, schools, elected officials and community organizations to bring awareness to the current epidemic of childhood obesity. The concept is simple: create a day for kids to play outdoors. All of the Fit Kids Day events are free and include a variety of nutritious food and cooking demonstrations, as well as various physical activities and sports, such as volleyball, soccer, lacrosse, tennis, martial arts, yoga and dance.

Fit Kids Day ambassadors are school-age children who volunteer their time to help plan and coordinate the events, plan activities and decide on the food and music. They contact businesses to ask for sponsorships and reach out to schools and local governments to find host sites for the events.

Sofia, now a sophomore at Carrollton School of the Sacred Heart, has expanded the program to Key Biscayne, Miami, and North Miami. The program also gives kids the opportunity to be leaders in their communities.

The School Board commends the Fit Kids Day initiative for bringing awareness to childhood obesity and promoting sport and fitness to school-age children in South Florida.

ACTION PROPOSED BY

MS. RAQUEL REGALADO: That The School Board of Miami-Dade County, Florida, approve Resolution No. 15-093 of The School Board of Miami-Dade County, Florida, honoring Fit Kids Day.

**RESOLUTION NO. 15-093
OF THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA,
HONORING FIT KIDS DAY**

WHEREAS, Fit Kids Day began in 2011 when founder Sofia Victoria de la Peña was in sixth grade and she sought to create a day filled with outdoor activities and healthy food alternatives so that kids could proactively fight against childhood obesity; and

WHEREAS, today, students spend an average of 7.5 hours a day using entertainment media such as video games, which leaves little time for physical activities. Only one-third of children are getting the recommended 60-minutes of physical activity per day, an essential component of a healthy lifestyle.

WHEREAS, Fit Kids Day involves students, parents, schools, elected officials and community organizations to bring awareness to the current epidemic of childhood obesity. The concept is simple: create a day for kids to play outdoors. All of the Fit Kids Day events are free and include a variety of nutritious food and cooking demonstrations, as well as various physical activities and sports, such as volleyball, soccer, lacrosse, tennis, martial arts, yoga and dance; and

WHEREAS, Fit Kids Day ambassadors are school-age children who volunteer their time to help plan and coordinate the events, plan activities and decide on the food and music. They contact businesses to ask for sponsorships and reach out to schools and local governments to find host sites for the events; and

WHEREAS, Sofia, now a sophomore at Carrollton School of the Sacred Heart, has expanded the program to Key Biscayne, Miami, and North Miami. The program also gives kids the opportunity to be leaders in their communities; and

WHEREAS, The School Board commends the Fit Kids Day initiative for bringing awareness to childhood obesity and promoting sport and fitness to school-age children in South Florida;

NOW, THEREFORE, BE IT RESOLVED THAT:

That The School Board of Miami-Dade County, Florida, approve Resolution No. 15-093 of The School Board of Miami-Dade County, Florida, honoring Fit Kids Day.

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

Presented this eighteenth day of November, A.D. 2015

THE SCHOOL BOARD OF MIAMI-DADE COUNTY, FLORIDA

CHAIR

ATTEST:

Secretary