

University of Pennsylvania  
Civic House and CHAC  
3914 Locust Walk  
Philadelphia, PA 19104

To whom it may concern:

I am submitting this letter of support on behalf of the University of Pennsylvania's Fitness for Life program. Fitness for Life began their partnership with our Aftercare program during the 2010-2011 school year. They have provided an invaluable service to about forty of our kindergarten through 5<sup>th</sup> grade students. The mission of Fitness for Life takes on "feet and hands" as they communicate through discussion, games and competitions the dangers of obesity and the advantages of exercise in fighting against obesity. They provide students with opportunity to build community and a healthy lifestyle. The encouraging aspect of the program is that the instruction carries over not just into school, but to their homes as well.

It is very evident through student interviews, observations and excitement for the program that the Fitness for Life team are positive role models impacting their home and school life. We have observed our students making healthy choices in their snacks and in lunches that they bring to school. At Spruce Hill, our mission is to train students' minds and disciple their hearts and bring light to the city – one child at a time. Fitness for life assists us in this mission. Not only are they reaching the minds of our students, through educating them about obesity and the importance of exercise, but their hearts are being reached as well as they build community and care for their bodies and one another.

Our school makes available our multi-purpose room and school yard. The Fitness for Life team has access to some sporting equipment; however, they also provide specialized sporting equipment and props for their planned activities.

We are thankful for the partnership that has developed between Spruce Hill and Fitness for Life and we pray that it will continue for many years to come. We tend to get more children wanting to attend Aftercare when the Fitness for Life team is with us. The building of community, values and care for a healthy lifestyle are principles that will last a life-time.

Your support of this organization will help them to continue to make a difference in the lives of our students at Spruce Hill Christian School.

Sincerely,

Stephanie M. Hook  
Principal