

For Immediate Release  
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### **Fit for Gold Tutoring & Fitness Academy Celebrates It's Forth Successful Year**

Over 100 cadets and their parents came out to celebrate the closing of the Fit for Gold Training & Fitness Academy's forth successful year. Fit for Gold Cadets completed 30 hours of pre-training before being assigned to an after-school program to work two (2) hours per day for 80 hours per semester. Cadets are paid an hourly wage or monthly stipend to assist elementary and middle school students with homework, playground activities and nutrition information. Cadets also receive five credits a semester.

Fit for Gold is operated through the South Bay Workforce Investment (SBWIB), which is administered by the City of Hawthorne under the federal Workforce Investment Act (WIA). According to Jan Vogel, Executive Director of the SBWIB, "The Fit for Gold program helps students to gain good work ethics, good health and nutrition practices as well as become a valuable citizen of their community."

Jan Vogel opened the ceremony with remarks and introductions. Mayor Guidi and Steve Tavera, President of Gold's Gym, gave special recognition to sponsors of the program. The keynote speaker, Viviana Jimenez, a Lawndale High School student, was a past Fit for Gold Cadet and returned this year to mentor and tutor over 1,000 elementary and middle school students. Jan Vogel presented gold, silver and bronze medals to 75 Fit for Gold Cadets for the Presidential Challenge Awards. Special recognition was given to the Fit For Gold high school graduates for the class of 2006 from Inglewood Unified School District and Centinela Valley Union High School District.

. Mayor Guidi added that the SBWIB has always been a strong force in the community and active in the lives of not only adults but our youth as well.