



For Immediate Release  
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## Press Release

### **Mayor Larry Guidi kicks off South Bay Workforce Investment Board's "Fit For Gold" Tutoring & Fitness Academy**

*Academy emphasizes the importance of good nutrition  
and physical fitness to children and their families*

The South Bay Workforce Investment Board kicked off its "Fit For Gold" Tutoring & Fitness Academy today. The first training event was held at the program sponsor's Gold's Gym in Hawthorne Saturday October 21<sup>st</sup> at 8:30 AM.

Sponsor and Hawthorne Mayor Larry Guidi poignantly spoke of his own high cholesterol and past health problems as a cautionary tale for the students. "Fit for Gold teaches healthy habits so that you can help avoid waking up in a hospital bed in pain covered with needles, tubes, and wires," he added.

"Fit For Gold" cadets complete 30 hours of pre-training before being assigned to an after-school program to work six hours per week for 80 hours per semester. Cadets are paid an hourly wage under the federal Workforce Investment Act, which is designed to assist elementary and middle school students with homework, playground activities and nutrition information.

Cadets, who are high school students, receive five elective credits a semester and participate in academic enrichment and college readiness activities to help them excel academically, graduate high school and enter college or advanced training.

"The academy is a tremendous benefit to the students and the community," said Jan Vogel, executive director of the South Bay Workforce Investment Board. "Nearly 1,500 elementary and middle school children improve academically and increase self-esteem each year due to the support of over 80 'Fit For Gold' cadets."

The South Bay Workforce Investment Board is committed to improving our South Bay community and the futures of its citizens.

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