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**Fit for Gold Tutoring & Fitness Academy
Promotes Fitness, Nutrition and Learning to South Bay Youth**

Sixty (60) South Bay high school students recently completed nearly 25 hours of training to become Cadets in the **Fit for Gold Tutoring & Fitness Academy**. City of Hawthorne Mayor Larry Guidi launched **FIT FOR GOLD** last year in support of local school efforts to curb the alarming increase in juvenile diabetes in low-income families. Fit for Gold is a healthy mind and body program developed in partnership with **Gold's Gym of Redondo Beach and Hawthorne**, to help students improve eating habits, exercising more, and improve skills in reading and math. Working in collaboration with more than fifteen schools in Hawthorne, Lawndale, Inglewood and Lennox, Cadets work after-school, three days a week, providing homework assistance, nutrition information and age-appropriate exercise activities to middle and elementary students.

Strong support for the collaborative effort comes from the Los Angeles County Office of Education "Friday Night Live Program" who trains the Cadets on how to provide homework assistance to younger students, the University of California Extension Five-A-Day Nutrition Program and UCLA's Student's Heightening Academic Performance through Education (S.H.A.P.E.), provides tutoring and college readiness assistance to the Cadets.

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, "Fit for Gold helps students understand the connection between learning and earning. The Cadets will complete more than 100 hours of work experience and begin developing a strong work ethic as they earn a wage of \$6.75 per hour plus five school credits for providing a valuable service to the community."

Steve Tavera, President of Gold's Gym in Redondo Beach and Hawthorne, Richard Prentice, Hawthorne City Manger and Jan Vogel gave Certificates to the Cadets for successfully completing the training before beginning their work experience. "We are pleased to support this program and to see it grow. We believe that an investment in helping kids stay mentally and physically fit today is important for healthy, successful lives in the future," remarked Mr. Tavera. **FIT FOR GOLD** Cadets will touch the lives of more than 800 middle and elementary school students over the next seven months. For more information, contact Catherine Blaylock, (310) 970-7700.

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