

FOR IMMEDIATE RELEASE
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“Spring Training Has Begun for the FIT FOR GOLD: Healthy Mind and Body Youth Fitness Academy”

On Saturday, February 18, 2006 over 30 students from Hawthorne HS, Leuzinger HS, Lawndale HS, Hawthorne Math and Science Academy, Morningside HS, Inglewood HS, Middle College, and La Tierra Middle School, participated in the Spring Training Session for the Fit for Gold: Healthy Mind and Body Youth Fitness Academy. Students were treated to a day long session of fitness activities at the newly opened Gold's Gym in Hawthorne. Three trainers from Gold's Gym donated their time and expertise to teach the students to conduct fun, age-appropriate exercise activities in after-school programs for elementary school-age children.

Mayor Larry Guidi of Hawthorne stopped by to welcome the students. He stated “This program is an investment today in the lives of our children's future”. Steve Tavera, president of Gold's Gym and Jan Vogel, Executive Director of the South Bay Workforce Investment Board were also on hand to meet and welcome the students to the gym.

The second phase of the Fit for Gold Training Academy will consist of the newly added training component - hand ball training. The training will be conducted at the Hawthorne Memorial Center by Gary Cruz and his associates from the US Handball Training Association. Mr. Cruz and staff will spend the day teaching the future cadets hand ball techniques. Current Fit For Gold Cadets will also attend this session to assist in the training of the students. For further information about the Fit for Gold Training Academy contact South Bay Workforce Investment Board, Youth Services Division at 310-970-7700.

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