

South Bay Workforce Investment Board
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PRESS RELEASE

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December 17, 2007

**FIT FOR GOLD ACADEMY
WELCOMES 2007-08 STUDENTS**

The South Bay Workforce Investment Board (SBWIB) launched its sixth Fit 4 Gold Academy, December 15, 2007, at Gold's Gym in Hawthorne. Forty – seven junior and senior age students from six local high schools began the training which will teach them physical fitness and good nutrition habits, and mentoring skills to prepare them for working with elementary and middle age students in the South Bay.

Hawthorne City Councilmembers Pablo Catano and Danny Juarez joined with SBWIB Executive Director Jan Vogel , and Gold's Gym owner Steve Tavera in welcoming the students as they began the physical training part of the program.

The cadets will train for a total of 30 hours at Gold's Gym and then receive mentoring and leadership training next month before working after school with students in the Hawthorne, Lawndale and Inglewood School Districts through May. Since 2002, more than 300 high school students have completed the Fit 4 Gold program and they in turn have mentored more than 4,000 elementary and middle school students. More than 90 percent of the Fit 4 Gold cadets have gone onto college and vocational training following their high school graduation.

The SBWIB partnered with the City of Hawthorne and Gold's Gym to create the Fit 4 Gold Program as a response to the growing number of young adults that were suffering from cardio vascular diseases and diabetes due to obesity and lack of physical fitness exercising, as well as poor nutrition practices.