



## Mission

Create a “culture of fitness” for adults and children in the United States, utilizing Olympians and Paralympians to act as spokespersons and inspirational leaders for fitness.

## Objectives

Promote physical fitness and a healthy lifestyle to the middle school children. The World Fit program will help connect the Olympians and Paralympians to the Olympic movement.

## Background

The United States has the most unfit citizens in the world. Obesity has indirectly led to a national epidemic of heart disease, diabetes, stroke, hypertension, and other health problems. Healthcare costs commensurately are skyrocketing. Physical education has been dropped from nearly all primary and secondary schools throughout the country. However, obesity or fitness is a lifestyle choice and lifestyle choices can be changed.

The United States Olympic Committee and the United States Olympians Association have both expressed an interest in utilizing the Olympians and

Paralympians to promote fitness, fair play and Olympic ideals. Given their exemplary role model for fitness, the Olympians and Paralympians are the perfect group to encourage our citizens to embrace a lifetime of fitness.

## Program

The World Fit Program will include the following six components:

### **1. World Fit School Adoption**

Each Olympian/Paralympian will be assigned to up to three middle schools in a region where he or she lives.

### **2. The World Fit Walk**

Beginning the first day after spring break and ending six weeks later (typically about two weeks before school ends), students will participate in a daily walking program, where the numbers of miles walked (or jogged or run) will be logged each day and totaled. All walking will occur on the school campus on a measured course and will be supervised by teachers. Additional credit miles will be awarded to students who walk with a buddy (anyone not part of the program) at a rate of ½ of the miles walked by the buddy. Students who are already participating in other sports programs (swimming or bicycling, for example) will be credited miles for their sports participation according to a conversion table. Achievement award certificates will be presented to each student who reaches a certain minimum number of miles (10 miles per week) and special recognition awards will be presented to students, classes and schools that achieve the greatest number of miles.

### **3. World Fit Olympic Presentation**

On one day during the 6 week World Fit Walk program (usually the first week) an Olympian/Paralympian will visit his or her school for a 15-minute presentation to the student body. The presentation will include a 5-minute DVD followed by a 10-minute inspirational message about the importance of lifelong fitness, good health and Olympic ideals. Best efforts will be made to have the media present for the Olympic presentation.

### **4. World Fit Olympic Field Trip (optional)**

On another day during the 6 week World Fit Walk program, and preferably during Olympic Week which occurs the first week of May, an Olympic Field Trip may be held at one or more venues in the region of the schools. At this event, each student will be given a directory of all of the Olympic Sports programs available in the State or region with contact information. The Olympic Sports directory will also be made available on line through the website (either the World Fit website or USOC website or both). Organizing the Olympic Field Trip will be the responsibility of the local sports committee, such as the regional Sports Commission.

### **5. World Fit Awards**

At the completion of the World Fit Walk program, students who reach a minimum of 10 miles per week will receive a certificate for their achievement signed by the Olympian or Paralympian, the Athletic Director and the Principal of the school. Depending on funding, ribbons and medals may also be offered to students who log more miles. The Olympian may also choose to present the awards to the students, depending on availability.

### **6. Olympic Week**

As it is currently being presented by the USOC, Olympic Week is a national program occurring the first week of May each year, and also occurs near the end of the World Fit Walk program. Olympic Week could also incorporate the Olympic Field Trip, adding more meaning and strength to this program.



**Chapter Established  
January, 2008 by the U.S.O.C.**

**MISSION:**

- To support the United States Olympic Committee (USOC) in advancing United States Olympic ideals and competitions.
- To assist Missouri/Illinois athletes in their training and preparations for athletic competitions and assisting them in participating in local and national competitions.
- To promote and support local youth sports programs and assist those local organizations, institutions and corporations that are engaged in sponsoring local youth sports programs.
- To involve Olympic athletes in activities and organizations connected with, affiliated with or interacting with component members of the Olympic movement.
- To maintain fellowship among Olympic competitors, officials, managers, coaches and trainers through association at meetings and by publications, correspondence or telephone devices.
- To participate generally in charitable and educational activities.

## Partnerships

The USOA believes that the success of the World Fit program is dependent on the partnership and joint efforts of several organizations. At a minimum, the program will require the partnership of the USOC, USOA, Unified Public School District, regional Sports Commission, parents, and local business community.

To learn more how to contribute (physically and/or financially), please contact the following:

### **U.S. Olympic Alumni Mo-IL Chapter**

[www.mo-il-olympians.org](http://www.mo-il-olympians.org)

[www.worldfit.org](http://www.worldfit.org)

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