



# STRONG HEARTS, STRONG MINDS



**FIT KIDS®**

The Fit Kids Foundation is dedicated to promoting a healthy active lifestyle among children in underserved communities by providing high quality youth fitness programs and nutrition tips.

Fit Kids' #1 goal is to teach kids that fitness is fun! By inspiring children at an early age to enjoy exercise, Fit Kids encourages young children to avoid sedentary lifestyles and gives them the skills and confidence to join in physical activity and sports. When kids are active, they are at lower risk for life-long health problems and are more successful in school.

Since 2011, Fit Kids has provided free physical activity opportunities to more than 3,000 at-risk children, grades K-2 in East Palo Alto and surrounding neighborhoods. Fit Kids partners with schools and youth organizations to provide coaching, fitness equipment and an age-appropriate curriculum designed to inspire children to develop critical movement skills, increase their awareness of daily nutrition and build self-confidence, resiliency and life-skills.

For more information about their work or how you can get involved, please visit [www.fitkids.org](http://www.fitkids.org)

**DURING THE MONTHS OF OCTOBER THROUGH DECEMBER 2015,  
SERENO GROUP REAL ESTATE AND ITS PALO ALTO AGENTS WILL BE CONTRIBUTING  
1% OF THEIR GROSS COMMISSIONS TO THE FIT KIDS FOUNDATION.**

PALO ALTO



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