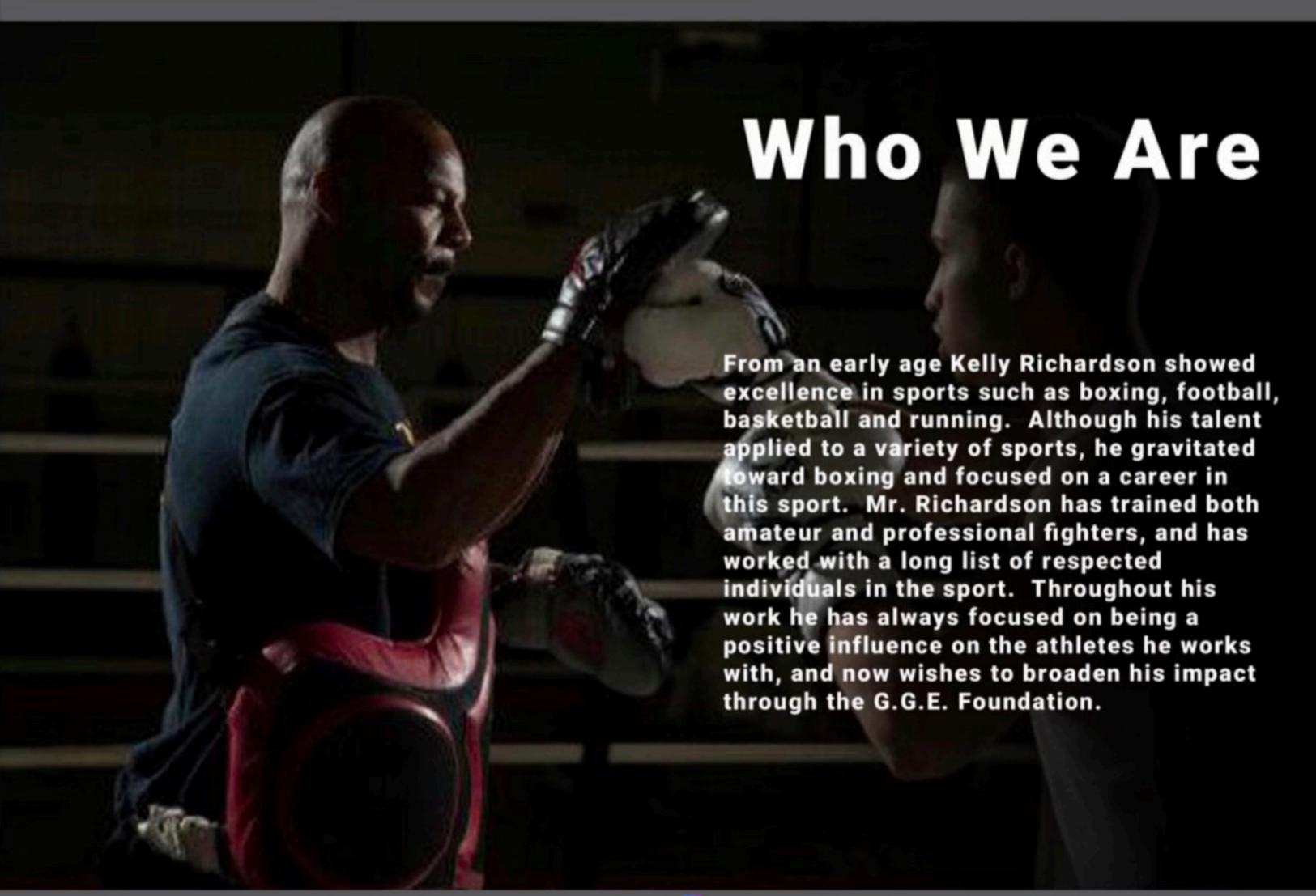
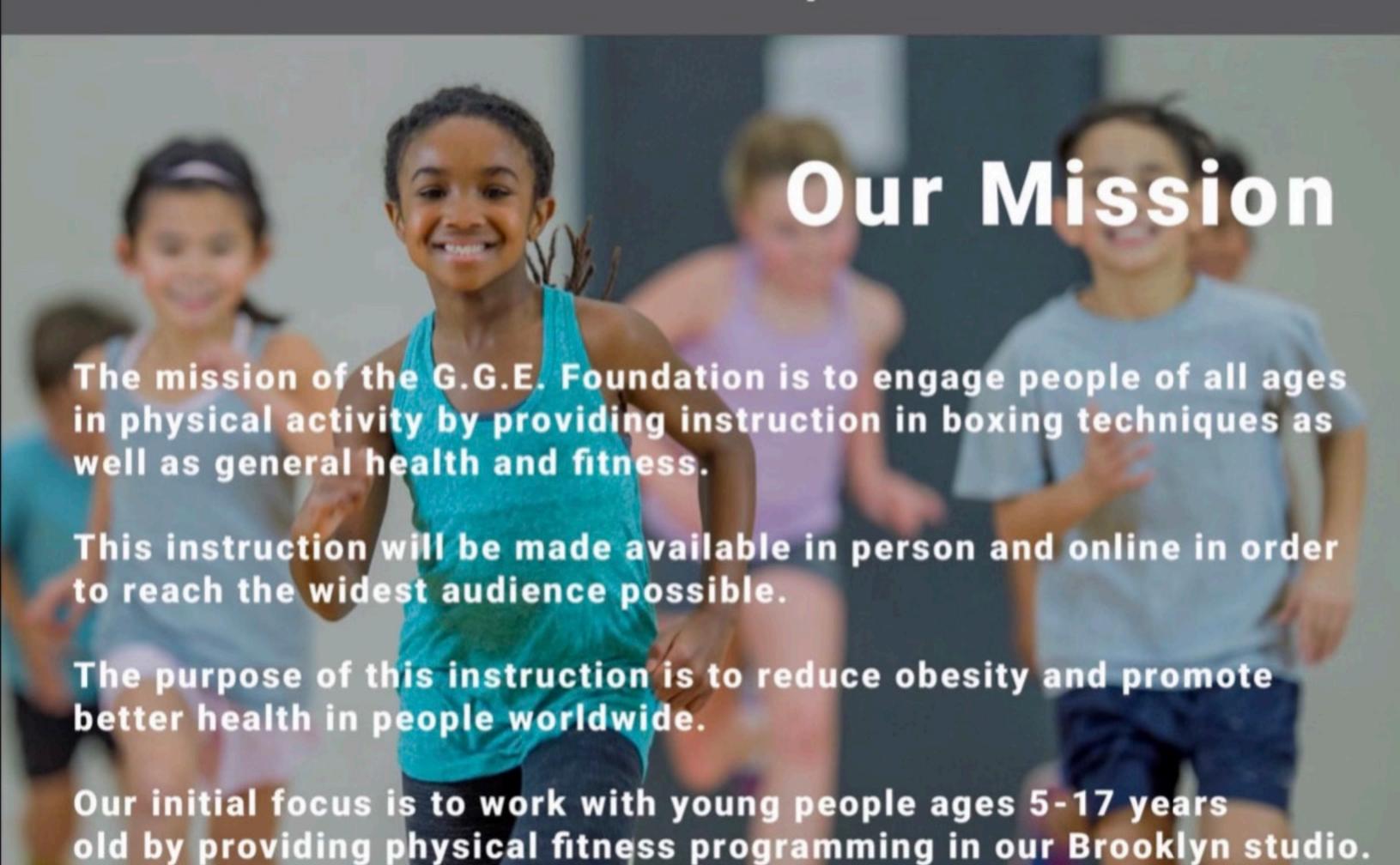
Introducing
The G.G.E. Foundation







# Our Goal

Obesity is an epidemic among young people today. About 17% of children and adolescents are considered obese, equivalent to about 12.7 million young people in the U.S.\*

The prevalence of obesity is higher among children of color, averaging 20%, and disproportionately affects children from low-income families.\*

These statistics support the need for our youth physical fitness programming. The goal of our program is to engage young people in physical activities while also providing important information about proper diet. Young people involved in our program will be more active and will be armed with the knowledge they need to make healthier choices.

\* Source: CDC Child Obesity Facts

# Our Program

Classes will be offered twice a week at our Brooklyn fitness studio Instruction will be focused on boxing and martial arts techniques. Some examples of what this instruction will include are:

Cardio exercises

Speed bag drills

Self defense techniques Band work

In addition to the physical activities, young people will be engaged in conversations about healthy eating. They will have a better understanding of why their food choices are important, and will be armed with the information they need to gain better overall health.

Each class will accommodate 10-14 young people, allowing a rolling participant count of 20-30 students each month. Enrollment will be on a monthly basis, however, students can participate for as long as they would like.