

Introducing  
*The G.G.E. Foundation*



# **Who We Are**

**From an early age Kelly Richardson showed excellence in sports such as boxing, football, basketball and running. Although his talent applied to a variety of sports, he gravitated toward boxing and focused on a career in this sport. Mr. Richardson has trained both amateur and professional fighters, and has worked with a long list of respected individuals in the sport. Throughout his work he has always focused on being a positive influence on the athletes he works with, and now wishes to broaden his impact through the G.G.E. Foundation.**

***The G.G.E. Foundation, Inc.***

# **Our Mission**

**The mission of the G.G.E. Foundation is to engage people of all ages in physical activity by providing instruction in boxing techniques as well as general health and fitness.**

**This instruction will be made available in person and online in order to reach the widest audience possible.**

**The purpose of this instruction is to reduce obesity and promote better health in people worldwide.**

**Our initial focus is to work with young people ages 5-17 years old by providing physical fitness programming in our Brooklyn studio.**

# **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**

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## **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**

**Self defense techniques**

**Speed bag drills**

**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.**