

Contact: Stacey Neil,
Co-Founder
TotalFit Solutions, LLC

1146 Schoolhouse RD
San Jose, CA 95138
Phone 408.227.2216
Fax 408.549.9961

**TotalFit Solutions,
LLC**

Press Release

Fit Kids First Comes to Thomas Ryan Elementary School

The Rotary Club of Los Gatos brings fitness and support to the Alum Rock School District

San Jose, CA, October, 2008: This year the Rotary Club of Los Gatos decided to embark on a very important mission: Increasing the fitness levels of the fifth grade students at Thomas Ryan Elementary School in the Alum Rock School District. Last year only 5.1% of the fifth graders passed the Physical Fitness Test that all fifth grade students must take. As the Rotary Club of Los Gatos looked at ways to fight the recent increases in childhood obesity that are plaguing the Santa Clara Valley, they chose Thomas Ryan Elementary School as their target to make a difference.

The Rotary Club of Los Gatos looked at physical education solutions within the market and chose to partner with a local small company in San Jose, TotalFit Solutions, who has developed an innovative new approach to simplifying the PE process for local teachers to help assure that the state mandated PE is being carried out. Teachers in our local schools are challenged to have to take the additional time to create a PE curriculum for their K-6 classrooms. "FitKids First", designed by TotalFit Solutions, addresses this issue by providing a years worth of workouts already designed for the teaching staff. "It is a simple solution to the issue of teachers struggling with the demands for higher test scores," Co-Founder Stacey Neil states. "We designed this program as a result of the teachers asking us to help them figure out a solution that makes sense and takes away the guess work for them".

The Rotary Club of Los Gatos, with support from the Health Trust and Samaritan Regional Hospital, will provide FitKids First Kits for each classroom grades 4-6. These kits include enough equipment for all of the students in each class, along with a teacher training program that helps to get the teachers moving along with their students. At Thomas Ryan Elementary School they are looking forward to a 100% pass rate this year for the fifth graders on their Fitness Tests. Good Luck Fifth Graders!

For more information on TotalFit Solutions and their customized fitness and wellness programming contact Stacey Neil (408) 227-2216.

For Immediate Release