

WHEREAS, Fit for Learning is a health initiative for elementary students established by the Santa Clara County Office of Education, in cooperation with The Health Trust and Healthy Silicon Valley, and was launched in 2005 to prevent and decrease the prevalence of childhood obesity and related illnesses affecting children; and

WHEREAS, Fit for Learning is a multi-faceted program that encourages healthy nutrition and increased physical activity in the school environment through classroom education, on the playground, and in the cafeteria, and is led by an Advisory Council composed of distinguished teachers and school district leaders, PTA members, health professionals, and representatives from business and community organizations; and

WHEREAS, Fit for Learning uses the model of Fit for Learning Champions, whereby each school selects and trains one staff member and one parent who develop a school culture that promotes a healthy environment, and has received awards from several organizations for their work towards changing the behavior of children and adults to lead healthier lives; and

WHEREAS, Fit for Learning has developed a Resource Guide which helps K-6 teachers weave critical health and fitness information into the California State Standards-based lesson plans which includes a fitness-related theme for every month of the school year; this theme has enabled health-related community organizations, such as the American Heart Association, to work cooperatively with the schools in educating students and parents about particular health issues;

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of the County of Santa Clara, State of California does hereby honor and commend

Fit For Learning

for working in the school environment to promote healthy nutrition and physical fitness for students throughout Santa Clara County.

PASSED AND ADOPTED this Eleventh Day of December, Two Thousand and Seven by unanimous vote.

Donald F. Gage, Chairperson
Board of Supervisors

Blanca Alvarado
Supervisor, District Two

Pete McHugh
Supervisor, District Three

Ken Yeager
Supervisor, District Four

Liz Kniss
Supervisor, District Five

Attest: Phyllis A. Perez
Clerk, Board of Supervisors