**BMoreFit**

**P.O. Box 1416**

**Owings Mills, Maryland 21117**

**410-925-5698**

**www. bmorefit.org**

**The mission of BMoreFit is to improve children’s health and academic performance by addressing obesity and physical inactivity in school-aged children.** Founded in 2009 as a 501(c)(3) not for profit organization, BMoreFit targets low income, underserved and minority students in Baltimore City public elementary schools. BMoreFit is establishing daily fitness routines in schools where physical education has gone by the wayside. By reintroducing fitness into their daily lives, these children are learning the value of healthy living and how it affects all aspects of their lives, as well as helping them to improve their academic performance in school.

BMoreFit’s signature initiative is an active, classroom-based fitness and wellness program designed to educate and inspire children and teachers to commit to healthy lifestyle choices. Certified fitness professionals, known to the children as “fitness coaches,” lead children in a variety of exercises and movement sequences during dedicated class time and they train teachers to engage students in “fitness breaks” (brief, organized physical fitness activities) during the school day when children have been sitting for long periods of time or just need to refocus their energies.

BMoreFit is in its third year targeting elementary school children in Baltimore city public schools. In the 2014-2015 school year, BMoreFit serves approximately 2,000 elementary school students in five Baltimore city public schools including Holabird Academy, Hampden Elementary, Arlington Elementary, Windsor Hills Elementary and John Eager Howard Elementary. Through the coordination of our coach-led fitness breaks, teacher training, and collateral materials, BMoreFit addresses the lack of physical activity in Baltimore City, *One Classroom at a Time*.

**Outline of Programs:**

 Professional Development Training

 Toolkits for All Teachers

 Weekly Coaching Sessions

 Weekly Fitness Tips

 Coach Led Assemblies

 Family Fitness Nights

 Wellness committee support

**Funders and Partners:**

The Baltimore Ravens Act Foundation

The Family League of Baltimore

Action for Healthy Kids

The Aber D. Unger Foundation

Legg Mason

SportsBoosters of Maryland

United Way

The American College of Healthcare Executives

Associated Jewish Charities

Chapin Davis Investments

Beth Am Synagogue

Maryland Institute College of Art (MICA)

Open Society Initiative Fellowship Grant

Meadow Mill Athletic Club

Dynamix Music

SPARK

Kids in the Kitchen

Fizz Kidz

**Board of Directors:**

* **Bruce Kunkle** – President -- Financial Advisor – Wells Fargo Advisors, LLC
* **Barrett Wolf** – Treasurer -- Assistant Vice President & Senior Financial Analyst –Legg Mason
* **Erika Savage** – Secretary --Baltimore City Teacher, Holabird Academy
* **Kelly Preteroti** – Attorney – Principal Ober, Kaler, Grimes and Shriver
* **Kevin Bromer** – Solutions Architect –Salesforce Foundation
* **Karen Mandwelle Caplan** -- Clinical Social Worker – Private Practice
* **Frank McNeil** – Assistant VP Community Development Banking – PNC Bank
* **Marcia Thorpe-Johnson** – Senior Information System Security Engineer – Department of Treasury **Will Hamele** – Baltimore City Physical Education Teacher, Arlington Elementary School
* **Arlene Prince** – Retired Director, International Contracts – Towson University

**Current Staff:**

* **Jon A Kaplan** - Founder
* **Vicki Marcus** – Executive Director
* **Linda Haas** – Development and Fundraising Coordinator
* **Frank Cinotti** – Corporate Fundraising
* **Jeff Thompson** - BMoreFit Coach
* **Gabe Pickus** – BMoreFit Coach
* **AndrewSiegele** – BMoreFit Coach

**Legal Status:** Baltimore Fitness Academy is a Maryland non-profit corporation. It is tax-exempt under Internal Revenue Code Section 501 (c) (3)

**How Can I Help Support BMoreFit:**

Volunteering

Volunteers are always needed for the various community activities that we provide. Volunteers can support BMoreFit in the following areas: community outreach, fundraising events, wellness committee support, and school adoptions.

Financial Support

The success of BMoreFit relies entirely on the generous support of grants, local businesses and individuals. We are seeking your help as we educate children on the benefits of a healthy lifestyle.

**Contact Information:**

**Vicki Marcus**

Executive Director

410-925-5698

vmarcus@bmorefit.org