

Fitness Forward State Board of Overseers

Changes in American lifestyles over the last 30 years have led to a dramatic rise in obesity, diabetes and mental illness among youth, and numerous chronic diseases among adults. The US Surgeon General, Centers of Disease Control and Prevention and Institute of Medicine have all called for rapid action to help youth lead healthier lives and to prevent obesity and chronic disease. Extensive research shows that healthy habits, particularly those learned in childhood, can help prevent unnecessary illness. However, social inequities block many children and parents from access to the opportunities and knowledge that can help them live well.

Realizing this, Fitness Forward a 501(c)(3) non-profit was created to facilitate healthy lifestyles among youth. Through creative collaboration, cutting edge technology and scientific expertise, Fitness Forward strives in partnership with others to reverse the dangerous rise in obesity, mental illness and chronic disease and to improve the quality of life of future generations. FF's initiatives are designed around the belief that to impact "real" change one must think nationally and act locally. Drive 2 Fitness is currently in 6 states; it is now assessing the opportunity to launch in new states, beginning with 10 initial elementary schools in one of the major urban centers of the state, followed by expansion to the other urban centers, followed by many adjacent rural and suburban areas, over 5 years. In tandem, FF will use its Children's Playbook model to implement comprehensive and integrated child wellness infrastructure, policy and programming in partnership in collaboration with other key wellness organizations and policy makers in the state.

Fitness Forward's (FF) State Board of Overseers will guide the strategy, relationship building, fundraising and advocacy of the organization in a particular state. FF seeks influential business and community leaders who have genuine desire to impact children's wellness in that state, beginning in major urban centers, and then moving to rural and suburban areas. Board members must have a willingness to support fundraising, networking and strategic planning efforts to achieve state goals. Though a Board of Overseers has no fiduciary responsibility, membership on the state board does include the **following responsibilities:**

- Help Fitness Forward raise \$250,000 dollars for the expansion of programming to your state, including the hiring of a state Executive Director and support for staff and operating costs to launch in 10 initial elementary schools.
- Contribute financially at a level consistent with other regional non-profit boards, either through personal contributions, fundraising efforts led, or both
- Help build and maintain a strong and committed State Board of Overseers
- Help broaden FF's funding base and partnerships with corporations, foundations, and individuals via introductions and referrals
- Help the organization scale across the state, and positively influence state children's wellness policies through FF programming
- Attend quarterly board meetings
- Serve on at least one board committee or task force based on expertise, interests and organization needs, during board term (2-3 conference calls/year)
- Provide thought leadership to the organization through informal dialogue with FF's Executive Management team and other board members
- Assist in recruiting future FF Board members
- Participate in and/or offer to host FF events, including 'friendraisers', fundraiser and school/ community events (where appropriate)
- 3-year renewable term of service

If interested, please contact the founder and national board chair, Jason Langheier, MD, MPH at j@fitnessforward.org or by calling 415-779-bfit.