



**A World Fit for Kids! (WFIT) Afterschool Program**  
**at Frank del Olmo Elementary School**  
*Preparing young people for fit and fulfilling lives*  
**A Healthy Behaviors Learning Center**

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**About the Program**

**A World Fit for Kids!** (WFIT) is an award-winning, physical activity-based youth development program recognized by the *California Governor's Council on Physical Fitness and Sports* for its positive impact on the physical activity and fitness levels of California's children and youth. Frank del Olmo Elementary School is one of WFIT's 11 afterschool sites in the Los Angeles area. It also serves as one of 14 Healthy Behaviors Learning Centers that work with other afterschool programs to help them improve students' eating habits and physical fitness by intentionally integrating physical activity and nutrition education with youth development principles and practices. Over the past three years at Frank del Olmo, the program has demonstrated the effectiveness of its approaches and its impact on students' lives.

WFIT at Frank del Olmo Elementary School serves a high poverty student population that is 86 percent Hispanic in the Rampart-Mid Wilshire area of Los Angeles. The program operates Monday through Friday from the end of the school day until 6 p.m. The staff to student ratio is 20:1 with a minimum of one coach/mentor per grade. This ratio is enhanced by a minimum of one teen assistant coach/mentor per grade, a parent representative, and a staff member.

Activities offered include:

- **Physical Activity:** Students participate in a variety of activities designed to help them develop their social, emotional and physical skills. Students engage in at least 40 minutes of moderate to vigorous physical activity five days a week.
- **Nutrition Education:** Students receive nutrition education that includes real life experiences with food and how it affects them physically, emotionally and mentally—either contributing to their energy level or detracting from it. Students become knowledgeable about healthy eating habits, and the emotional and social connections to healthy behaviors. Parent nutrition programs are a regular component of the program.
- **Academic and Enrichment Opportunities:** Students participate in literacy and library programs, arts and crafts, and a variety of field trips and service learning projects. Students receive homework help and assistance, which is supported by an on-site academic coach. Site staff work with the Title 1 coordinator, and math and literacy coaches from the school to ensure age appropriate activities.
- **Mentoring** is a unique and innovative aspect of the program. It inspires and educates teens, college students and adults to be positive role models and make a difference in the lives of the youth they mentor. This learning-by-doing approach builds personal and academic success and leads to meaningful employment. **Teen Fit for Success<sup>SM</sup>** trains and prepares

high school students to serve as role models and mentors for younger students, moving them towards responsible adulthood while benefiting the youth they mentor. **Mentors in Motion<sup>SM</sup>** staff training includes physical activity leadership training to prepare staff to design and implement quality physical activities and nutrition programming for students. The program also provides physical activity and FITNESSGRAM<sup>®</sup> training to WFIT coaches/mentors and certificated teachers from the school, and WFIT's parent coordinator provides nutrition education for parents on a regular basis.

### **Impact and Accomplishments**

Over the past two years, WFIT at del Olmo has served more than 500 students. Changes in students' physical activity participation, nutrition knowledge and healthy behaviors demonstrate that the program changes student lives, and makes an impact on families, school administrators and teachers. WFIT evaluations that included Frank del Olmo showed that:

- Students raised their standardized math test scores, and eight out of ten reported improvement in their grades
- Ninety percent of students reported becoming more physically active and drinking more water.
- Students consistently reported improved leadership skills, self-confidence and self-efficacy.
- Eight out of ten parents reported children's improved academic skills, increased physical activity levels and greater personal responsibility and motivation as a result of WFIT participation.
- On a 4-point scale, principals rated WFIT with a 3.8 for performance, cooperation, and effectiveness in afterschool programming that leads to positive results for children.
- The graduation rate of "Teen Fit for Success" students is almost 100 percent.
- Parents who were involved with the nutritional component of the program appreciate it and are learning more. *"I would recommend everything we discussed in class to other people. I will eat healthy to live a better life"*

### **Partnerships**

Many partners have helped ensure the success of the program. These include the *Network for a Healthy California*; Center for Collaborative Solutions; Beyond the Bell/Los Angeles Unified School District (LAUSD); LAUSD's Youth Services Division; California State University, LA; University of Southern California; California Department of Education; American Heart Association; LA84 Foundation, City of Los Angeles Department of Recreation and Parks; Salvation Army Los Angeles Red Shield Community Center; Rampart Fire and Police Departments; and administrators, teachers, staff and parents and guardians.

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