



**For Immediate Release**  
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## **Three California Schools Recognized for Outstanding Innovation in Physical Fitness**

*Winners awarded brand new Live Positively™ Fitness Centers by the National Foundation for Governors' Fitness Councils*

**(Sacramento, CA)** - Gov. Jerry Brown and Chairman of the National Foundation for Governors' Fitness Councils Jake Steinfeld announced today the three winning schools that will each receive a state-of-the-art Live Positively™ Fitness Center as part of the National Champion Schools campaign. This multi-million dollar physical fitness campaign has named Northview Intermediate in Duarte, Katherine Smith Elementary School in San Jose and Sunnymead Middle School in Riverside as the winning schools for demonstrating new and innovative ways for promoting student physical activity and wellness. This fall, the new fitness centers will be dedicated at ribbon cuttings ceremonies.

"This program gets top-notch fitness centers in our schools and challenges students to get active and stay fit," said Governor Brown. "Mens sana in corpore sano – a healthy mind in a healthy body."

"I've always looked for leaders whose actions speak louder than words and Governor Jerry Brown is that type of leader who believes, like me, that academics and fitness go hand in hand," said Jake "Body by Jake" Steinfeld. "We've returned to California because the passion for fitness and a healthy lifestyle are unparalleled. I know that when you provide the schools with the tools, students will excel beyond their wildest dreams. Not only will these students be healthier, but they'll also have increased confidence, improved self-esteem and will achieve greater academic success."

The National Foundation's goal is to build a nation of the fittest, healthiest kids in the world. Physical activity and exercise are shown to help prevent and treat more than 40 chronic diseases, enhance individual health and quality of life and reduce health care costs. In schools, studies show that physical activity improves academic achievement, increases confidence and self-esteem, reduces discipline problems, cuts absenteeism and fosters better interpersonal relationships.

The National Foundation for Governors' Fitness Councils program plans to bring its challenge to all 50 states in the coming years. An attractive and unique feature of this campaign is that the Live Positively Fitness Centers are fully funded through public/private partnerships with companies like Coca-Cola and AOL and does not rely on taxpayer dollars or state funding. Live Positively is part of Coca-Cola's commitment to bring people together to make a positive difference, which includes supporting physical activity programs.

For more information about the National Foundation, visit [www.natgovfit.org](http://www.natgovfit.org).

### **About the National Foundation for Governors' Fitness Councils**

*The National Foundation seeks to encourage and reward innovation in the field of youth fitness by awarding fitness centers to schools that use new and unique methods to promote student physical activity and wellness. The National Foundation envisions a fitness center in every school in the U.S., helping to build a nation that—through innovation and a "Don't Quit" attitude—boasts the fittest kids in the world. Since 2012, we've delivered*

*fitness centers in Massachusetts, Pennsylvania, Washington, DC, Georgia, New Jersey, Delaware, and West Virginia. In 2014, NFGFC will deliver new fitness centers to California, New Mexico, Connecticut and Virginia.*

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