

COACHES ON CAMPUS

Improving Community Access to Physical Activity by Partnering with Schools.



Lack of Access and Opportunity to Physical Activity Leads to Increase in Obesity and Preventable Disease

- Obesity has increased to nearly 40% across the United States
- Obesity has increased in youth from 5% in 1970 to 20% today
- In the last decade adult obesity in America has increased over 26%
- Obesity and disease rates are higher in economically-challenged zip codes due to a lack of safe space and educational and fitness opportunities

Every American Deserves Access to Quality Physical Activity and Disease Prevention Education

Schools can provide a safe environment for increased:

- Fitness for children through enhanced PE programs
- Sports and recreation activities before and after school
- Community fitness through on-site group fitness classes

Your Donation can help put COACHES ON CAMPUS by Providing the Training Workshops and Turn-Key Curricula

- For Physical Education, Sports, Recreation and Recess
- For Total-Body Beginner-Friendly Group Exercise Instruction



Everybody should have Access and Opportunity to Live a Healthy, Physically Active Lifestyle.

NAPA TRAINING programs offered to community members at local school sites will help to establish fitness classes and sports & recreation clubs in underserved areas. Locally Trained Coaches will be able to provide turn-key programs for families and community in sports, recreation, fitness, and disease education and prevention in parks, churches, schools, gyms, and recreation centers.

Your Donation to NAPA goes directly to providing on-site training programs to help put **Coaches on Campus**. Your donation of **\$5000 provides comprehensive training and turn-key curriculum** for enhanced Physical Education; Sports and Recreation Coaching; Group Fitness Class Instruction; and Health and Disease Prevention Education for up to 50 teachers and community members per training.



Sponsor a Physical Activity Club Coached by a NAPA Trained Leader in an Underserved Area:

- 1 Workout per week: \$4800 per year or \$400 per month
- 2 Workouts per week: \$9600 per year or \$800 per month
- 3 Workouts per week: \$13,200 per year or \$1100 per month
- 4 Workouts per week: \$15,600 per year or \$1300 per month
- 5 Workouts per week: \$18,000 per year or \$1500 per month

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