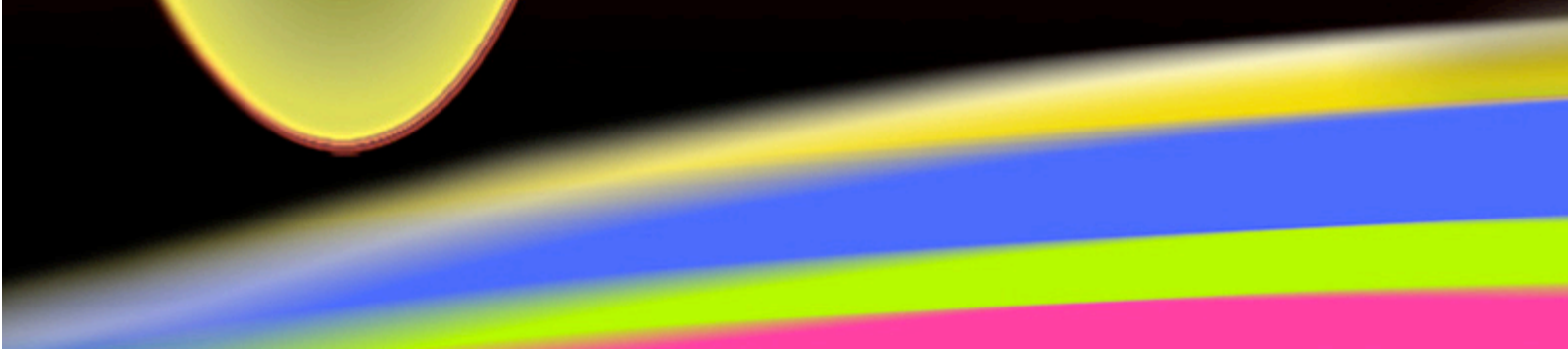


GIRL SCOUT FITNESS INITIATIVE

OPERATIONFITNESS.COM PRESENTS

SHAPEUPAMERICA

CAMPAIGN



GIRL SCOUT FITNESS INITIATIVE

Girl Scout Personal Trainer Certification Program

OperationFitness.com is now conducting workshops to educate and certify Girl Scouts as personal fitness trainers. The goal of these workshops is to create thousands of young peer fitness advocates to help stop the increasing levels of obesity among America's Kids.

The weekend certification study course will consist of a 2 day workshop, which will include both lecture and practical application specific geared to teen agers. There will be 3 separate hours of lecture followed by 3 separate hours of practical application for both days. Breaks will be administered in between lectures. A gym or fitness facility would be used for the practical application; a private aerobics room within the facility would be used for the lecture portion. There will be quizzes, and a final written exam which would be included along with books and materials.

The curriculum will provide an understanding and comprehension of the functions of the human body and nutrition with the learning of basic scientific principles and basic nutrition. Upon successfully completing the certification course and passing both final written and practical exam, a certification will be mailed to each Girl Scout. Our ultimate goal is to educate and enlighten each girl scout to a more healthy and active lifestyle.

Workshop Breakdown:

Day 1:

Lecture: Beginning and Basic Biology & Physiology
Practical Application to ensure proper biomechanics

Day 2:

Lecture: Final Written Exam
Practical Final Exam

OperationFitness.com has spent decades educating parents and kids about better fitness and proper nutrition, visiting schools and holding special events to combat the epidemic of childhood obesity in the U.S. We have to expose young people at an early age to entrepreneurship and the opportunities and resources that come from it. Entrepreneurship is the impetus needed to create jobs in urban neighborhoods and change the plight of urban decay in major cities. If teens have their own business and it is something they believe in, they most likely going to really work hard at it and it will take them away from all of the negativity in most low income neighborhoods and help keep them out of trouble.

For more information call 800.933.8633 or email: Michael@OperationFitness.com