



NEWS

*South Bay Workforce Investment Board*

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**FOR IMMEDIATE RELEASE**

South Bay Workforce Investment Board  
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**THE SOUTH BAY WORKFORCE INVESTMENT BOARD HONORS 37 FIT FOR GOLD CADET GRADUATES**

**HAWTHORNE** – The South Bay Workforce Investment Board (SBWIB), in partnership with several cities, sponsors, school districts, training partners and after-school programs honored thirty-seven (37) graduates, celebrating the completion of this year's Fit for Gold Tutoring & Fitness Academy in the 11<sup>th</sup> Annual Closing Award Ceremony held at Rogers Park in Inglewood, CA.

Inglewood Mayor James Butts gave the opening remark and congratulated the Fit for Gold Cadets honoring their commitment to health & education and for their dedication to positively impact the lives of the elementary and middle school aged children they mentored in the program. Other distinguished guests' on-hand included City of Gardena Mayor Pro-Tem Tasha Cerda, Angela Gibson, representing Assembly member Steven Bradford, and a host of SBWIB Board Members and Fit for Gold training partners.

SBWIB Chief Executive Officer Jan Vogel awarded an exceptional cadet graduate Guadalupe Mejia with the \$500 SBWIB Scholarship. Mayor Butts added \$500.00 to Ms. Mejia's scholarship to make it an even \$1000. Ms. Mejia had a 4.2 GPA at Leuzinger High School and will attend California State University Long Beach in the fall and major in Business Administration.

The FIT FOR GOLD TUTORING & FITNESS ACADEMY (FIT FOR GOLD), was established in 2003 as an intervention program to help raise declining student test scores and reduce the alarming increase in cardio vascular disease and diabetes among children due to a lack of exercise and poor nutrition. FIT FOR GOLD is operated by the South Bay Workforce Investment Board as a community collaborative serving youth who reside in the South Bay Workforce Investment Area cities of Inglewood, Hawthorne, Gardena, Lawndale, El Segundo, Carson, Hermosa Beach, Manhattan Beach and Redondo. FIT FOR GOLD is funded through a variety of federal, state, county and foundation grants including support from the AT&T High School Success Program.

FIT FOR GOLD Cadets from local area high schools assist more than 1,000 elementary and middle school students annually in after-school programs. Cadets complete 36 hours of training in mentoring, nutrition, playground activities and homework assistance provided by 24 Hour Fitness, Playworks, SOSMentor-ShapeUp and the Los Angeles County Office of Education's Friday Night Live program. More than 500 high school seniors have graduated from the academy with an astounding 98% graduation rate and 93% of all participants have gone on to colleges or universities. Cadets work after-school 2-3 hours per day for approximately 80 hours per semester and are paid a wage or stipend through the Federal Workforce Investment Act. Throughout the year Cadets have access to college mentors, tutors and career advisors who provide resources to assist them in enrolling in post-secondary education and training and entering employment.