



LOUIE'S KIDS

FIT CLUB GAZETTE

SUMMER, 2009

FIT CLUBBERS COMPETE IN TRIATHLON!

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Miracle Washington & Louis Yuhasz (above); and (below) Auja Revenel who has lost 64 lbs; and her mom losing 40!

FIT CLUB SHOUT OUTS

- Special thanks to the I'on community for the use of the pool and volunteer participation!
- City of Charleston
- Louie's Kids donors and supporters!
- Thanks again TrySports!

Couldn't have done it without your support!

Thank you!

At the fourth annual Daniel Island Kids Triathlon, at the Pierce Park Pavilion, 110 girls and boys ages 7-14 swam 100-200 meters, biked approximately 3-5 miles, and ran 1/2-1 mile. Three of these dynamic youth were Louie's Kids Fit Clubbers who began their training as they prepared for the Cooper Bridge Run this spring, which continued on into summer to compete in the Triathlon. Dominique Minor (3rd place winner and pictured below), Micah Lancaster and Miracle Washington, finished the event after several weeks of training with Louie's Kids and TrySports.



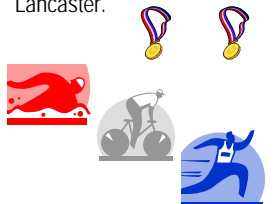
Quotes: "I never thought I would do something like that—it's kinda like a dream come true," in response to the medal he won. Micah Lancaster, Tri-athlete



Pictured Left to right: Front-Miracle Washington, Micah Lancaster. Back-Brock Fraser, Darcy Shankland, David Cross, Louie's Kids Founder Louis Yuhasz, Dominique Minor and Fit Club Program Director, Bucky Buchanan.



Pictured Left-Louis Yuhasz, Bucky Buchanan, Dominique Minor, Miracle Washington, David Cross, and Micah Lancaster.



FUTURE ACTIVITIES AND EVENTS!!

Fit Club-Phase III

Louie's Kids Phase III Fit Club will begin this fall in partnership with Robert Gould Shaw Boys and Girls Club in Charleston. The new Fit Club phase will accommodate up to 36 kids who will learn ways to become healthier through exercise, healthy eating, nutrition, and behavior changes. If you or someone you know is in need of our program

visit our website and register at www.louieskids.org

Runbuddies-Coming Soon! Runbuddies is a new initiative, introduced by Louie's Kids, that will pair kids with one-on-one running, walking or athletic mentors. Mentor training will be provided and will consist of specialized training designed by Louie's Kids

Cognitive Behavioral Therapists. Kids and mentors can sign up for the program through a dedicated website scheduled to premiere later this year! This initiative will be another great way to get help locally as well as nationally to fight the national epidemic of childhood obesity. Stay tuned for more information that is forthcoming!

Visit us on the web at
www.louieskids.org

LOUIE'S KIDS

PO Box 21291
Charleston, SC 29413

Phone: 843-343-5746

Fax: 800-457-7497

E-mail: louis@louieskids.org

Many thanks to Louie's Kids Special Sponsor, for partnering to train Fit Clubbers in the Daniel Island Kids Triathlon! Our kids provided inspiration to many others as they trained, competed and finished showing the world that anything is possible if one only believes!

TRY  SPORTS®



LOUIE'S Kids

Fighting childhood obesity, one child at a time.



HELP RAISE FUNDS FOR LOUIE'S KIDS

HOW CAN U HELP?



THURSDAY
AUGUST 6TH
6:30-9:00 PM

CIVIC DESIGN CTR
85 CALHOUN ST
CHARLESTON, SC

BIG CHEF

\$35 IN ADVANCE
\$40 @ THE DOOR



LITTLE CHEF CHALLENGE

TO BENEFIT
LOUIE'S KIDS
AND THE
FIGHT AGAINST
CHILDHOOD
OBESITY

As part of the Civic Action Exhibit (being hosted at the Design Center June 25-August 7), Louie's Kids, along with a showcase of other local grassroots organizations will highlight the work that they are doing to improve Charleston. As part of this event, Louie's Kids will host a fundraiser to raise funds for Fit Club, our after-school programs for Title I school children who are struggling with obesity. The exhibit will ask the 12 local non profits to answer the question *"What is the most promising opportunity to improve our community, and how would your organization take advantage of it."*

Local chefs, paired with one of Louie's Kids, will discover the answer together and share their solution on Thursday, August 6, 6:30-9:30 PM. Cost: \$35 per ticket, \$40 at the door. Tickets are available at www.louieskids.org

Other ways to help:

Make your tax deductible individual or corporate donations on our secure website: www.louieskids.org.

All gifts will provide direct services to children who are economically disadvantaged and would not otherwise be able to afford access to an obesity treatment intervention.

Louie's Kids also accepts in kind or product donations such as sneakers, pedometers, exercise equipment, healthy snacks, and tickets to events promoting physical fitness or athletics.