



NATIONAL FOUNDATION FOR GOVERNORS' FITNESS COUNCILS DON'T QUIT!® Campaign - Missouri

We are excited to inform you that the State of Missouri has been selected to participate in our 2019 DON'T QUIT! Campaign. Our mission as the National Foundation for Governors' Fitness Councils (NFGFC) is to encourage and support physical activity in schools. Thereby, we will be *gifting* three fitness centers to Missouri schools in recognition for being leaders in youth fitness. Each DON'T QUIT! Fitness Center is worth \$100,000 and includes strength training equipment, cardio fitness equipment, and a circuit training system.

This is a gift, not a grant. Take a chance and join the campaign. All you have to do is complete the application below to nominate your school. It's as easy as 1, 2, 3. Take action now!

STEP 1: Make sure you qualify.

- The school must be a public or public charter school.
- The majority of students must be between the ages of 8-13 years old.
- The school must have a preexisting room on the school's property that is available for equipment installation during the summer of 2019.
- The room must be approximately 900-1500 square feet.

STEP 2: Fill out your school's profile.

- Your Name:
Affiliation/Title:
Work Phone:
Cell Phone:
Email Address:
- Principal's Name:
Work Phone:
Cell Phone:
Email Address:
- School Name:
Address:
City, State, Zip:
Grade Levels:
Student Enrollment:
Number of Students Eligible for Free/Reduced Lunch:
- **Current Equipment**
Does your school currently have a fitness center or fitness equipment?
How many pieces of equipment?
What type of equipment?
What condition is it in?

** Please attach 3-4 photos (.jpg format) of your school's current equipment.



➤ **Designated Room**

Square Footage / Length x Width:

What floor (basement, first/ground floor, second floor) is the room on?

Height of Ceiling:

Width of Doors:

Earliest Installation Date:

** *Please attach 3-4 photos (.jpg format) of the room from all angles.*

STEP 3: Tell us why.

1. Why does your school deserve this award?
2. What makes your school different from the rest?
3. What challenges does your school face?
4. What does your school do to prioritize physical activity and fitness?
5. What are your goals for a brand new fitness center?

The best responses offer specific examples of hardships and/or successes. Share with us your guts and glory! We want to hear stories about overcoming adversity and creating something out of nothing.

You may submit a written or video response. If submitting a written narrative, please keep the essay section above (Step 3) to a 500-word limit.

If submitting a video, follow the steps below. It's easy. Anyone can do it!

- Shoot the video with your smart phone.
- Get your students and staff involved.
- Answer the 5 questions above.
- Keep the video under 5 minutes.
- Download the video to YouTube and provide the link below or share a private video to our Vimeo account, "NFGFC."
- Be creative and have fun!

Video Link:

Deadline: Friday, March 22, 2019 at 5:00 pm PT.

This award is contingent upon a successful site visit, so be sure to provide honest answers.

Please submit this application as a Word document (.doc) to kelly@natgovfit.org.

For more information, please visit our website or contact us directly with questions.

Thank you for taking the time to nominate your school. Good luck! #DONTQUIT

Website: www.natgovfit.org

Email: info@natgovfit.org