



"Young Habits Die Old"

CURTIS' WHY?

Two years ago I was at the gym working out in the pool. When I got out to dry off, I noticed across the way there was an overweight man trying to put on his socks. This man was having a very difficult time with his socks because of his weight. In that moment I thought back to when I used to help my Grandmother put on her socks and shoes because she too dealt with a severe weight problem, and all the health issues that it brings. She battled with poor physical conditioning, diabetes, kidney failure, cancer, her leg amputated you name it she fought it; eventually she lost the battle and her life. As I watched this man and at the same time reminiscing about my grandmother I asked myself this question: Whose responsibility is it to help people who suffer from obesity, overeating and other food addictions? The easiest answer to come up with is "They're responsible for themselves!" The hardest thing to do is take full responsibility for what they're dealing with and do something about it. There's this quote I live by "A good man can find solutions to his own problems, but a great man can find solutions to the world's problems."

My mission is to encourage people to take part in healthy habits to prevent the issues poor health brings.

Our first task will be to educate the youth on the importance of healthy habits.



"YOUNG HABITS DIE OLD" BIKE RIDE

Who's TREKFIT?

TREKFIT is an organization that provides fitness, wellness and sports performance solutions to the world via web or in person.

Mission:

The Center for Disease Control and prevention states as fact that 1 in 5 school age children and young people are considered obese. The chances for obese children becoming obese adults is highly likely to happen due to poor health habits and technology, so help us on this journey because we all know "young habits die old".

This year Trekfit will launch a national campaign bringing awareness to childhood obesity targeting children from the ages of 8-12 years old. This campaign will be lead by head trainer Curtis Walker. His team will travel across the United States on bicycles riding from Oak Grove Elementary in Poughkeepsie, NY heading to Magnolia Elementary in San Diego, CA. During this trip the Trekfit team will stop at various schools and community centers in these cities Cleveland,OH, Detroit,MI, Chicago,IL, Kansas,MI, Albuquerque,NM, and Phoenix,AZ community showing kids how to be eat and stay active. The mission is to encourage children to practice healthy habits now, so they that do not become sick adults.

Start Date(Riding from Poughkeepsie, NY): 5/2/18

End Date(Arriving in San Diego, CA): 6/16/18

Plan:

We will ride 6-10 hrs (100-150 miles) a day following a support vehicle. The Team will check into a hotel each night at six pm and resume riding at eight am each morning.

We will visit six educational facilities on this trip to present our health and wellness event also known as Fitness Fun Day. Trekfit will provide four, one hour long sessions per facility with a max of 40 students.

The event will start with us educating the youth on the importance of proper nutrition and physical activity. Then we will move into a workout that will consist of a collection of exercises such as push-ups, animal crawls, sit-ups, squats and relay races. Our goal is to demonstrate with exercises and games that staying active and healthy can be fun.

Purpose of the Trip:

What is fitness to YOU?

Mental, Physical and Emotional wellness solves obesity.

Help us bring awareness to the rising rate of childhood obesity. Lets change our future NOW!!!

#trainshard

Yours truly,

Curtis Walker - Co founder of Trekfit