

# **Excellence Through Exercise Foundation**

**[www.excellencethroughexercise.org](http://www.excellencethroughexercise.org)**

Our main mission for this foundation is to improve the physical education programs at each elementary school, starting with schools in the local community and working our way toward a national presence. We plan to accomplish our goals by implementing our Operation Fit and Healthy Kids program, which will provide knowledge and practical skills of exercise to the teachers. This knowledge can positively impact their students, the parents and the community to shed light on excellence through exercise. We will also implement our Project Playground Makeover. This program will include purchasing new fitness and playground equipment (such as hula hoops, jump ropes and medicine balls) and improving the schools' playground and fitness areas (monkey bars, swings, blacktop, etc.). Our board of directors are prominent community figures that will ensure the success of the foundation. ETE Foundation was recently granted 501(c)(3) status by the IRS. All contributions made to the ETE Foundation are deductible as charitable donations for federal income tax purposes. **WE ARE LOOKING FOR VOLUNTEERS TO HELP IN VARIOUS WAYS (including fundraising, marketing, P.R., program implementation, grant writing, etc.)**

## **Benefits of Volunteering**

- Helping in the fight against CHILDHOOD OBESITY
- Community recognition
- Be involved in the first steps of building a foundation that will transform your community and become a nationally recognized organization
- Students: improve your resumé, gain valuable experience and earn internship hours

## **Ideal Volunteer is**

Someone who....

- Is passionate about "giving back"
- Cares about the community
- Is willing to donate his/her time and energy
- Is willing to help

## **Time Commitment**

- 1 to 10 hours per month
- Anytime!

If you would like to donate your time and energy please contact  
Michael Y. Seril, MS (Founder/President of the ETE Foundation) at (714) 306-9002 or email him at  
[michael@excellencethroughexercise.org](mailto:michael@excellencethroughexercise.org)

Thank you for your time and consideration