



STATE OF ALABAMA  
DEPARTMENT OF EDUCATION



Eric G. Mackey, Ed.D.  
State Superintendent of Education

January 31, 2020

**MEMORANDUM**

**TO:** City and County Superintendents of Education

**FROM:** Eric G. Mackey *EGM*  
State Superintendent of Education

**RE:** National Foundation for Governors' Fitness Councils Fitness Center Competition

The mission of the National Foundation for Governors' Fitness Councils (NFGFC) is to build a nation of the fittest, healthiest kids in the world. Through the DON'T QUIT! Campaign, the NFGFC plans to award \$100,000 to fitness center schools in all 50 states. The fitness centers are fully funded through public/private partnerships with companies and does not rely on taxpayers' dollars or state funding.

Physical activity and exercise are shown to help prevent and treat more than 40 chronic diseases, enhance individual health and quality of life, and reduce health care costs. In schools, studies show that physical activity improves academic achievement, increases confidence and self-esteem, reduces discipline problems, decreases absenteeism, and fosters better interpersonal relationships.

Elementary and middle schools interested in competing in the NFGFC DON'T QUIT! Fitness Center competition should complete the attached application during the application process, which begins February 3, 2020, and ends March 31, 2020. Selected schools will be notified the beginning of May 2020. Fitness equipment will be installed during the summer, and a ribbon-cutting ceremony is expected to be held in early October 2020. To learn more about the NFGFC, please visit the following website at [www.natgovfit.org](http://www.natgovfit.org). If you need any further assistance, please contact Mr. Jonathan Thompson, Health and Physical Education Specialist, by telephone at (334) 694-4768 or by email at [jonathan.thompson@alsde.edu](mailto:jonathan.thompson@alsde.edu).

EGM/JT/DSS

Attachment

- cc: Curriculum Coordinators  
Elementary School Principals  
Middle School Principals  
Dr. Daniel Boyd  
Dr. Elisabeth Davis  
Dr. Jeffery Langham  
Mr. Sean J. Stevens  
Mr. Jonathan Thompson

FY20-2038

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State Board  
of Education

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Wayne Reynolds, Ed.D.  
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Eric G. Mackey, Ed.D.  
Secretary and  
Executive Officer

School Name: \_\_\_\_\_



**Alabama DON'T QUIT! ® Campaign**

National Foundation for Governors' Fitness Councils

Accepting Applications: 2/3/2020 – 3/20/2020

The National Foundation for Governors' Fitness Councils (NFGFC) has partnered with Governor Ivey to bring the DON'T QUIT! Campaign to the State of Alabama this year. Our mission is to identify and support schools that prioritize student fitness, but lack adequate resources. We will gift a new fitness center to three schools for showing dedication and leadership in promoting 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. All you have to do is complete the application below to nominate your school to win a fitness center. Take a chance! It's as easy as 1, 2, 3.

**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 8-14 years old.
- The school must have a room on the school's property that is available and ready for equipment installation during the summer of 2020.
- The room must be approximately 900-2000 square feet.

**STEP 2: Fill out your school's profile.**

School name:  
Address:  
City, state, zip:  
Grade levels:  
Student enrollment:  
Number of students eligible for free or reduced lunch:  
Number of physical education teachers:

Your name:  
Affiliation / title:  
Work phone:  
Cell phone:  
Email address:  
Number of years you've worked at this school:

Principal's name:  
Work phone:  
Cell phone:  
Email address:  
Number of years they've worked at this school:

**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?

Insert 3-4 photos (.jpg format) of your school's current equipment:

**Designated Room for Fitness Center –**

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:

Insert 3-4 photos (.jpg format) of the room from all angles:

**STEP 3: Tell us why.**

1. Why does your school deserve the fitness center award?
2. What challenges does the school face and what is it doing to overcome them?
3. What have you done (or currently do) to prioritize student fitness?
4. What would you do with a new fitness center?

Please limit your essay to 500 words total. Be as specific as possible! Bulleted lists are acceptable.

We highly encourage you to submit a video as well. Show us your personality! Get your students and staff involved. Be creative and have fun! Videos can be filmed with a smart phone. Please keep the video under 3 minutes. Download the video to YouTube and provide the link below.

**Video:** \_\_\_\_\_

**DEADLINE: Friday, March 20, 2020 at 11:59 pm PT**

This award is contingent upon a successful site visit, so be sure to provide honest answers. Save your application as a Word document (.doc/.docx) and email it to [kelly@natgovfit.org](mailto:kelly@natgovfit.org) by the deadline date.

Join the #dontquit campaign! Like us on Facebook @natgovfit, follow us on Instagram and Twitter @natgovfit, and tag someone to nominate your school!