



Goals:

- A coalition of passionate doctors who are experts in fitness, movement and health
- Elevate these doctors as leaders creating a *Movement for a Fit & Healthy America*
- Educate Americans about all the advantages of being active, fit, and playing sports to insure **Total Health – Body, Mind and Spirit**
- Help reverse the Inactivity Pandemic – get more Americans active, fit and healthy

What PHIT America Will Do:

- Only accept national or regionally recognized doctors
- Promote these doctors on PHITAmerica.org
- Publish great articles submitted on the advantages of activity, sport and fitness, we can push them out via social media and or our News Articles
- Publish at least one News Article, announcing our Doctors for a PHIT America Team
- Supply team members a logo to use as desired

Qualifying Doctors Will:

- Believe in the PHIT America mission and plan
- Believe physical activity has to be given a much higher priority as a solution to the obesity crisis...and providing Total Health - Body, Mind & Spirit
- Receive our News Articles and push them out to their contacts
- Be available for quotes or comments on various pro-activity topics
- Recommend other high profile doctors to join the **Doctors for a PHIT America** team
- Supply information for our website (see below a sample):
 - Name
 - Title
 - City, State
 - Photo
 - URL to link to
 - One short paragraph (200 characters in length) on why they believe in “physical activity” as a solution to total health & wellness (see below)



“There is nothing you can do for your health that is more powerful than maintaining an active lifestyle. And for children, the foundation of an activity filled lifestyle starts with daily physical education in our schools.”

Tim Church, Ph.D.

Professor at Pennington Biomedical, LSU
Author of 100 Research Articles
Author, “Move Yourself”
Baton Rouge, Louisiana