

Fitness Partners



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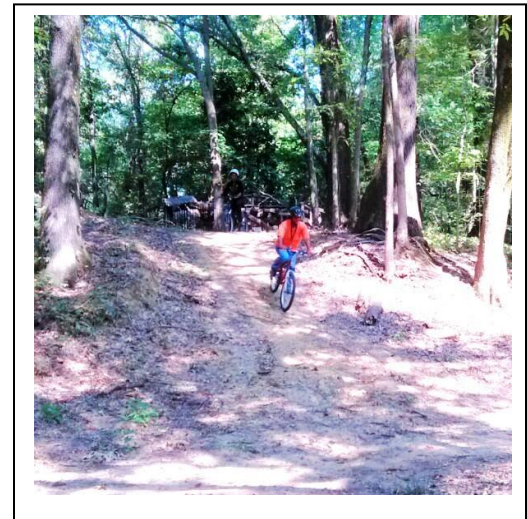
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Y-MOT, INC. is a 501(c)(3) outreach ministry that exists to empower urban youth and their families spiritually, mentally and physically by promoting and developing overall health and wellness. Y-MOT, INC. targets youth ages 6-16 years old that are living in under-resourced communities.



Statistics from the CDC reveal that obesity rates are at epidemic proportions throughout the country. Y-MOT, INC. is tackling the obesity epidemic head-on by training families in communities to adopt healthy eating and fitness lifestyles. Each year Y-MOT, INC. involves over 150 participants in our fitness clinics where 100% commit to living a healthier lifestyle, 95% complete training sessions and 80% have completed a 4 mile running course. We recently added biking to our fitness program. Youth and their parents can ride on the trail at our property. We also have a street route riding through the community. Riders are taught the importance of traffic safety and wearing helmets. So far, our staff and participants have ridden 10 miles. These fitness programs are extremely important because overweight and obese youth are at a much greater risk of becoming overweight or obese adults and face various health issues. High levels of obesity are also reported in areas where there is limited access to recreational activities, fewer options for healthy foods and lower levels of health education. If you would like to make a financial contribution or donate a new / used bike or helmet; our mailing address, on-line giving and contact information can be found above. Thank You!