



HEALTH & FITNESS TOUR OF AMERICA

*A grass roots initiative to improve our nation's health
— one community at a time*

A victory we can win together— A Message from Kevin Saunders

Approximately 64% of all adults in the U.S. are either overweight or obese according to a national CDC survey. Obesity has reached epidemic proportions and despite the abundance of information and rhetoric. The problem is just getting worse.

It's time to do more than pay lip service to this plague. I've made a personal commitment to be part of the solution that will ultimately lead our nation out of our current obesity epidemic.

I firmly believe that the battle against obesity and unhealthy lifestyles will be won in the local communities—where we live, go to school, work, and play. It is here where we have the greatest opportunity to form positive, lifelong health and fitness habits. I am committed to spending the next 18 months of my life bringing to individual communities resources that will enable them to launch effective, lasting health and fitness initiatives.

But I need your help.

Your donation to my nonprofit Foundation will not only help me spread my message across the country, it will also support the American Heart Association, YMCA of the USA and American Diabetes Association.

Donations may be made by mail or by logging onto: www.healthandfitesstour.com.

When it comes to achieving health and fitness goals, most people feel like they are on their own. I am committed to working with Americans all across our nation to help change that.

Please join me in the fight for lifelong health and fitness. It's a battle we can win together.

Please complete the form below for donations made by mail. Checks should be made payable to the Kevin Saunders Health and Fitness Foundation and sent to:

Kevin Saunders Health and Fitness Foundation

403 Delaware Street
Downs, KS 67437

Name _____
Address _____

Email _____
Donation Amount _____

For more information about the Kevin Saunders' Health and Fitness Tour of America or the Health and Fitness Foundation, please log onto the website:
www.healthandfitesstour.com or call 785-454-3670