

United States Marines Youth Foundation, Inc.

Program Overview

It's no secret...the future of this country rests solely in the hands of today's youth and what we do as a society to provide direction, instill discipline and offer hope to our young citizens will have a direct reflection on the future course of this country.

The National Youth Physical Fitness Program (YPF) encompasses students from kindergarten and elementary school, through junior and senior high school, and college. The Program is designed to complement, not replace, existing curriculum and to be easily implemented in any school situation. Students are tested in five basic exercises and are awarded scores indicative of their general fitness level. Students can earn one beautiful full-color certificate for each year of participation...up to 17 total.

Major General Walter Churchill, USMC (Ret.) saw the need to help guide America's youth down the right path. His vision was to give every child in this country a chance to succeed in life and have the opportunity to live a healthy lifestyle - free of drugs, alcohol and tobacco. For more than 35 years, the United States Marines Youth Foundation, Inc. has been working to answer that call. Though Gen. Churchill is no longer with us, his will to help America's youth lives on through the Youth Foundation.

Many of the youth in this country are not physically able to meet the challenges of everyday life. Poor eating habits, lack of physical exercise and low self-esteem contribute to this desperate condition. Through the National Youth Physical Fitness Program and the National High School Physical Fitness Championships, the Foundation has been able to help thousands of kids turn their lives around. Many of the young men and women who participate in these programs are exposed to positive role models for the first time in their lives. Many have never had to meet a challenge, attain a goal, or have the opportunity to dream a dream. The United States Marines Youth Foundation, Inc. is keeping those dreams alive...one school and one child at a time.

The National Youth Physical Fitness Program is currently being used by more than 1600 schools and youth organizations from across the country. This program provides a means for adult leaders to actually measure the fitness level of participating students throughout the school year. More importantly though, this program provides hope and offers our youth an opportunity to become part of something bigger than themselves, an opportunity to be challenged, and an opportunity to grow as individuals.

Youth organizations such as the Boys and Girls Club, the Young Marines of the Marine Corps League, the Boy Scouts, the Girl Scouts and many others are using this program to enhance the well-being of kids all across the country. It teaches students to respect their bodies and helps them build and maintain a personal resistance to drugs, alcohol and tobacco.

The program provides a mental, moral and physical challenge and establishes reachable goals. The fitness program also provides important recognition, which leads to pride in one's self and is in many cases a building block for future self-improvement.

It is believed that personal fitness, coupled with a sense of self-sacrifice for the greater common good, can positively impact all aspects of our American quality way of life. By developing more alert and energetic students we in turn are taking the necessary steps in preparing our young citizens to take the reins and lead this great nation into the next century.

This program, which is recognized and endorsed by the President's Council on Physical Fitness and personally endorsed by Arnold Schwarzenegger, is offered to every school and youth organization...

...Free of Charge.