

MCTA FRIEND OF EDUCATION SPEECH

On behalf of the Miamisburg City School District, we would like to welcome and thank the Anytime Fitness staff for being with us this morning.

Anytime Fitness is a 24-hour health and fitness club, open 365 days a year. Their corporation was founded in 2002, and has become the number one co-ed gym in the world, with more than 3,000 locations in 22 countries. Our school district has built a friendship with Anytime Fitness West Carrollton and Springboro staff members during the last three school years. They truly pride themselves in helping others. They specialize in helping people get to a healthier place by sharing their knowledge, expertise in fitness training and nutritional guidance, and by offering a sanctuary of support for their clients. Anytime Fitness staff members are also involved in their communities by assisting with various volunteer projects. One of their corporate goals is to improve the overall health of their community, and this is reflected in their commitment to our community and school district.

We would like to share some of Anytime Fitness West Carrollton's and Springboro's significant contributions, charity work, and volunteer services:

In just the last two years, Anytime Fitness has raised over \$90,000 for Safe Passage. Safe Passage is a nonprofit organization that provides a 24-hour emergency shelter and crisis line, advocacy, counseling, and other supportive services to victims of domestic violence, sexual assault, and child abuse in four Ohio counties.

They sponsor a "Train your Trainer" annual event to raise money for local families in need during Thanksgiving and Christmas holidays, and also to raise awareness and support to the "Lift For The 22" charity—an organization designed to fight the suicide epidemic in the U.S. Veteran community. Donations help to provide free gym memberships for Veterans.

'Tis the Season of Giving is held year-round at Anytime Fitness. The smallest good deeds ignite change and positively impact members of our communities. As a tradition, Anytime Fitness staff members adopt local families to sponsor each Christmas, and the Springboro Anytime Fitness gym sponsors a food and toiletry drive with the St. Vincent DePaul Parish.

Each month, each Anytime Fitness also helps a member through its Pay-It-Forward program. Staff members routinely purchase items such as running shoes, diapers, food, and family entertainment gifts for deserving members.

Personal Training Coaches and staff members are always giving what they can, a few extra dollars, donations of food, clothing or care supplies, and even volunteering their time. Just this past school year, Anytime Fitness Personal Trainers provided a speaking engagement with our 8th grade students at the Miamisburg Middle School for Career Day. In addition, they have hosted local Girl Scout Troops to help them earn their fitness badge, and they have provided speaking engagements with the Ohio Department of Transportation to teach their workforce about movement mechanics and reducing pain from sitting.

Hard and industrial work is necessary for Anytime Fitness to achieve their goals, but they do not concentrate on serious work alone. All work and no play is not what you see when you enter Anytime Fitness West Carrollton and Springboro gyms. You will meet some very amazing staff members who make you feel genuinely welcomed and valued. All are extremely personable. As you enter, they consistently ask how you're doing, how you're feeling, and they want to get to know you by asking you imperative personal questions... such as what is your favorite donut or favorite frozen dessert? Team workouts periodically lead to social events for members, such as parties or dinners at Sweeney's Seafood Restaurant, TJ Chumps, Mr. Boro's Tavern, and Bar 145.

Anytime Fitness has implemented a Corporate Fitness Challenge, with over 1,000 pounds lost as a company since last year. During the 2016-17 school year, forty Miamisburg City School employees participated in Anytime Fitness' Corporate Fitness Challenge. Our District Wellness Committee met with Regional Manager Adam Ortman to jump-start our staff wellness program. Our goal was to help our staff get to a healthier place by improving health and fitness levels and encouraging wellness at work. We offered four different training sessions throughout the year, with the first two sessions being offered at no cost to the participants. During the six-week period, Anytime Fitness provided one on one coaching sessions to set goals, coach on nutrition and provide healthy food lists and recipes, teach workouts to perform independently, weekly team training workouts to support and encourage one another, club access, unlimited team training, home workout exercises, a private Facebook page to post and comment daily, and unlimited emails to the Anytime Fitness coaches. Initial and final assessments were given to participants, such as movement screening, body fat measurements and strength endurance testing. As a district that relies on evidence-based practice, it is clear that fitness targets and our district wellness goal of getting our staff to a healthier place was achieved. As a combined effort, forty Miamisburg Schools Corporate Fitness members lost a total of 203 pounds and 360.5 inches!

Anytime Fitness is a supportive, welcoming gym community of individuals who help each other reach goals. School members who participated in team building were made to feel important and appreciated. As a result, they worked hard, raised morale, and accomplished amazing results. Knowing that school staff thrive in expressing their school spirit, Anytime Fitness had

each Challenge group, including the personal trainers, wear different themed outfits to the team workouts. Can you visualize our Director of Secondary Education Stacey Moore and School Nurse Cheryl McNutt wearing a tutu and tiara? How about Diane Pressel as Superwoman, and Stacey Lotspaih, Sarah Pelphrey, Toni Allen, and Nicole Meier as 80's chicks. Molly Mahoney and Nurse Meghan Tishaus donned lovely hand-crafted pilgrim hats, Lauren Komorowski worked out with cat ears and purple and black striped tights, and Human Resources Director Steve Homan and Business Services Director Scott Gilbert portrayed their royalty by wearing kings' crowns at one of their workouts.

Anytime Fitness believes in celebrating all the little successes, and so all accomplishments were celebrated. Each Corporate Fitness Group was provided a finale party with cake and individual awards. Our 2016-17 Corporate Fitness Challenge was such a success, thanks to the motivation, resources, and support of the Anytime Fitness personal trainers.

Staff members who participated in the Corporate Fitness Challenge and the Miamisburg Schools Winter and Spring Staff Fitness challenges experienced first-hand, the motivation from their peers by encouraging and supporting one another. It didn't matter if individuals were experienced athletes, elderly, or beginners. Simply, everyone had a great time. We had a total of 16 teams with 64 district staff participate in our Winter Wellness Event at the Miamisburg Middle School, and 12 teams with 48 participants in our Spring Viking Team Obstacle Course at held Holland Field.

In addition to leading school staff wellness events, Anytime Fitness also conducted an all-day fitness station to all the students in grades K through five at Jane Chance Elementary Field Day for the last two school years. Personal trainers as well as one corporate owner volunteered their time to run a fitness station. It was truly a sight to see all the children having so much fun, playing such creative games, and enjoying time with their classmates and teachers. The students had made many comments about the fantastic time they had while at the Anytime Fitness station. During the first year's Field Day, students participated in large group calisthenic exercises, a mini-circuit exercise challenge, and a class running race. It was quite entertaining to see Personal Training Coach Aaron Ortman teaching a large class of kindergarten students how to do a push-up, while demonstrating his strongman strengths with students piled on his back. During this past year's field day, Coach Danielle Kozma integrated a circuit-based relay with a story theme of "We're Going on a Bear Hunt." Students bear crawled and pretended to wade through tall grass, kicked their feet up high to jump on rocks across a river of water, and then growled and squat-challenged the big bear. It is our sincere belief that many joyous memories were made for our children who participated in JCE's school-wide Field Days with Anytime Fitness' involvement. We value their commitment of helping our young children to improve

their health and fitness. Thank you Coaches and management leaders for being positive role models--the most powerful form of educating children.

Anytime Fitness not only figuratively have your back, but they also literally have your back in times of need. Two years ago, a large shipment of curriculum leveled reader books were delivered to Jane Chance Elementary. Hundreds of boxes of books needed to be carried from the front door to be housed in the new reading room, and large filing cabinets, desks, and classroom furniture needed to be transported from one classroom to another. Four Anytime Fitness West Carrollton trainers and membership staff volunteered during their lunch break to assist custodian Ed Carpenter, who was dealing with a back injury at the time. All boxes and furniture were put into place in just a matter of a couple of hours.

It is a pleasure to nominate Anytime Fitness for the Miamisburg City Schools Friend of Education Award. We want to personally thank them for their partnership during the last three school years, and for their continued support in the welfare and health of our staff and students. Through their outstanding leadership, time, resources, and expertise, we can claim numerous victories together. Because of these efforts, Anytime Fitness has earned not only the award for our Friend of Education Business Award, but also for the respect and gratitude of those for whom they serve. Would the following groups please stand and be recognized for their involvement and partnership with our friends of Anytime Fitness: Current Anytime Fitness Clients, the Miamisburg Wellness Committee, Participants of the Anytime Fitness Corporate Fitness Challenge, Participants of the Miamisburg Schools Winter Wellness Challenge that was held at Miamisburg Middle School, Participants of the Miamisburg School Spring Staff Fitness Challenge that was held at Holland Field, and Staff members and Parents of Jane Chance Elementary students.

Our Friend in Education Award brings you our warmest congratulations. It speaks highly about how well you and your selfless service are perceived in our school community. Many thanks for all you do for our staff and students at Miamisburg City Schools.