



▶ Y-MOT, INC.
P.O. Box 901373
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▶ SPONSOR A CHILD
—
HELP SAVE A LIFE

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Y-MOT NEWS

Y-MOT, INC. "EMPOWERING YOUTH HOLISTICALLY"

Youth from the community ages 6 to 16 years old are being trained to live healthier lives during our eight week sessions. Participants are learning the importance of maintaining mental focus, proper eating habits and weekly exercise. Since January, youth have participated in Tennis Clinics, Basketball Clinics and our current Cross Country Running Clinic.

Y-MOT "GET FIT – STAY FIT"

Welcome to our Journey!
We are "Running with a Purpose!"

Last year, we trained our youth to run in three 5K races which benefited the Memphis Zoo, St. Patrick's Outreach and the Sickle Cell Foundation.

This spring from March 19th – May 21st we are training our youth and leaders to run four miles each week, make healthier choices and improve our eating habits.

After the training, youth will be entered

into a local 5K Race for charity. This is a great opportunity to teach kids the importance of discipline and community service.

Volunteer needs: timekeepers, encouragers, monitors, and volunteers at the water stations.

Other needs: Water, Gatorade, Fruit, Cereal Bars, Stop Watches and Running Shoes.

Sponsorships Needed:
\$20.00 per child



One of Y-MOT's programs "Youth Maintaining Our Temples" is a physical fitness initiative that teaches youth who are at-risk of childhood obesity how to live a healthier lifestyle.

A lack of physical activity is one of the leading causes of Anxiety, Depression, Diabetes, High Blood Pressure and Obesity.

Your financial contribution will have a great return on investment (ROI). You will be encouraging a child to live a healthier lifestyle, helping families who need financial assistance and helping us to raise money for other charities.