



UNITED STATES MARINES YOUTH FOUNDATION, INC.

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A Special Message to School Instructors and Administrators

Self-respect and self-esteem are the most important things we can give our young people—the National Youth Physical Fitness Program (YPF) gives them both. The YPF program encompasses students from kindergarten and elementary school through junior and senior high and college. It teaches students to respect their bodies and helps them build and maintain a *personal resistance to drugs, alcohol and tobacco*. Students are given the opportunity to earn a different Certificate of Athletic Accomplishment every year of their school career. There are *17 beautiful, full-color certificates*, each recalling a significant theme of challenge and achievement in American history.

The United States Marines Youth Foundation, Inc. is a non-profit, 501 (c)(3) tax-exempt corporation that has funded and administered this excellent fitness program completely *free-of-charge to all schools and youth groups in America* for more than 38 years. It does not compete with other national programs and was *endorsed by Arnold Schwarzenegger*, Chairman of the President's Council on Physical Fitness and Sports, in 1992.

Designed in conjunction with the staff of the Physical Fitness Academy of the Marine Corps' Training and Education Command at Quantico, Virginia, the YPF program has been successfully implemented in thousands of schools and youth groups across the country. The YPF program is easily incorporated into all schools from inner city to rural, from underprivileged to affluent. The program has been designed to provide optimum benefit with *a minimum requirement of time, space and equipment*. Instructors are given the flexibility of modified exercises to meet the needs of students who are physically or mentally challenged, overweight or underdeveloped. Instructors are encouraged to tailor the program to the needs of individual students. The objective of this program is to enable ALL students to participate and earn certificates

In addition to the regular physical fitness program administered through the schools, optional state and national competition are offered. These events provide additional goals and standards in a competitive environment. State competition is supervised and administered by members and former members of the armed forces of the United States. National competition is supervised and administered by Marines at major United States Marine Corps installations.

Thank you for taking the time to examine this program. I hope you will join us.

Sincerely,

General Alfred M. Gray, USMC (Ret)
Chairman of the Board