

1 out of 3
school age
children are **overweight**
or obese

68% of Indian River
County children
qualify for **Free and
Reduced Lunch**

should shape and
determine destiny.



studies show that
participating in sports
**increases standardized
test scores by**

30%



THE BALL IS IN YOUR COURT

The after-school programs operated by the Mardy Fish Children's Foundation, and hosted at local schools, are inspired by one fundamental principal - that opportunity, not circumstance, should shape and determine destiny. The Mardy Fish Children's Foundation provides for the physical safety and emotional security of every one of its students.



Join Mardy's Team

Please contact us at (866) 633-4070 or online at mffkids.org to invest your time.

To make a donation send a check to
P.O. Box 648158 Vero Beach, FL 32964

Toll Free (866) MFF-4070
community@mffkids.org



HEALTHY KIDS. ACTIVE LIVES.



“More than ever, we must do something about improving the health of our children. We must do more than just talk, we must be concerned enough to act.”

—Mardy Fish



mffkids.org



OPPORTUNITY NOT CIRCUMSTANCE should shape and determine destiny.

The vision of the Mardy Fish Children's Foundation is to ensure that every child in our community has the opportunity to be safe, healthy and self-sufficient.

The Mardy Fish Children's Foundation, in partnership with the School District of Indian River County, promotes:

Physical Activity

We provide a variety of physical activities and exercises for children in safe after school programs.

Six Healthy Habits

Our goal is to provide simple health goals our children can understand and adopt. Our Six Healthy Habits initiative is grounded in research, best practices and endorsed by the Indian River Medical Center, top local pediatricians, dentists and orthodontists.

- 1 Get Sleep
- 2 Drink Water
- 3 Eat Healthy
- 4 Exercise Daily
- 5 Brush and Floss Daily
- 6 Make Friends

Access to Affordable Programs

We invest in and support after-school programs so cost is not a barrier for any child to participate.

Health Awareness

We raise public awareness of the health challenges that young people face. We provide resources, create partnerships and network with our entire community to support efforts that improve childhood health, fitness and nutrition.

