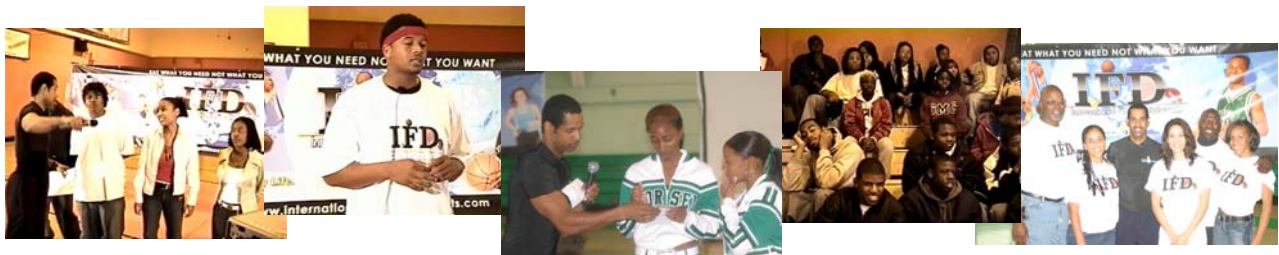




Program Overview

The Right Information. The Right Motivation, For a Healthy Life.

International Fitness Diplomats is a combination of professional, college, and Olympic athletes that volunteer their services at a variety of high schools introducing and reaffirming the importance of healthy eating and physical training. These athletes serve on a year-round basis to improve the physical performance of female and male athletes through nutrition education programs. The athletes are from a variety of sports like, track, football, tennis, basketball, martial arts, baseball, gymnastics, swimming and many others. They offer expertise and understanding on proper food selection to improve the healthy status of young student athletes.



International Fitness Diplomats together with Food for Fuel (F3) offers advice and programs about food choices for student athletes. F3 believes that proper nutrition is the 3rd pillar. Physical and mental preparations are also needed to develop the complete athlete. Food For Fuel understands how the proper level of energy in the body rises and falls throughout the day. Therefore, proper food selection is necessary to maintain that optimal energy level.

Why:

Food as Fuel to the body is the proper perspective one should maintain. The historical perspective is food consumption is a form of celebration. However, proper food consumption will energize the body, defend the body against stress, heal the body and give the body strength.

What:

What a person needs depends on the individuals daily activity. When a person lifts weights, does aerobic classes or studies long hours, those results will be impacted by intake of proteins, carbohydrates, sugars, directly related to the choices of foods.

How:

Foods can pass through the body and affect the body as quickly as 1 hour or as slowly as 6 hours. There are foods that take up to 3 days for the body to digest and absorb. It is IFD's role to examine and educate the student athlete on how the body reacts in order to determine with greater accuracy when to select the right food.

Economics:

A student athlete spends between \$1000-1200.00. a year on snacks. The grocery store bill for student can range from \$40 to \$70 twice a month. We will determine how healthy food selection reduces overall cost.



History

International Fitness Diplomats (IFD) began serving as volunteers in 1995 at the Martha Vineyard Tennis Tournament in Boston, MA. The Coach Carter Speed and Skills Clinic, Oakland, CA and The AC Elite Track Club in Oakland, CA. IFD works with several junior high and high schools nationally, such as Shaw Junior High in Washington, DC, Woodrow Wilson High in Washington, DC. Georgetown Prep in Bethesda, MD, and McClymonds High in Oakland, CA..

In the past two years, International Fitness Diplomats has expanded its volunteer services to cities such as Sacramento, CA, Los Angeles, CA, Greensboro, NC, and Dallas, TX.



President and Founder

Greg Raleigh, President and founder of The International Fitness Diplomats (IFD), established IFD as a result of sponsoring several sports clinics. Mr. Raleigh earned an Associate Degree in Telecommunications from San Diego City College and a Bachelor of Arts Degree in Public Relations from California State/Hayward. Greg is also a personal trainer with the International Professional Fitness Association. He has appeared in many articles on health and fitness and has appeared in prominent magazines and newspapers such as, USA Today, New York Times, Life Magazine, The Washington Post, and The San Francisco Examiner. Mr. Raleigh has also made numerous television appearances on shows like, Good Morning America, ESPN2- Sportsnite, and WJLA Evening news.

Director of Student Development

Coach Alonzo Carter is the Director of Student Development for The International Fitness Diplomats. "Coach Carter" has over ten years of overwhelming success in improving the physical skills of athletes in track and football. He has currently placed 55 players into Division I colleges and 12 players into the NFL. Coach Carter is also a prominent speed training coach. His clientele consists of professional athletes like, Kareem Kelly - Chicago Bears, Namdi Asomugha - Oakland Raiders-Courtney Anderson -Oakland Raiders, Sultan McCullough -Cleveland Browns, and Albert Hollis of the Minnesota Vikings. During 1999-2000, AC Track, a track club created by Carter, won the National Junior Olympics in the 4x100 relay. He has received numerous coaching awards. In 2002, Carter was Coach of the Year at KICU East Bay. He was instrumental in rebuilding a non-existent athletic program at McClymonds High school in Oakland, CA into a national powerhouse.



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Food For Fuel

1301 15th Street N.W. Suite 425 • Washington, D.C., 20005
202.332.5503 Phone 202.332.5529 Fax
www.internationalfitnessdiplomats.com

