



6 STEPS TO SECURING FUNDING FOR NEW FITNESS EQUIPMENT AT YOUR SCHOOL

THEFITBOX.COM

At FITBOX, we believe that better health leads to better grades, improved mental acuity, enhanced moods, lower depression rates, higher attendance, and better self-esteem in students. That's why we're dedicated to helping schools provide top-notch fitness equipment on a budget. Follow these six steps to secure the funding you need to transform your school's fitness program with FITBOX.



STEP 1

GET PASSIONATE!



To make a difference, you need to be the advocate for your students' health. Schools are eager to invest in initiatives that improve student well-being, but they need a passionate leader to champion the cause. Be that person! Show your enthusiasm and be ready to present the "WHY" and "HOW" behind your request. When you truly believe in the benefits of better fitness, others will too.

STEP TWO →

STEP 2

GET RESEARCH (THE WHY)



School districts have funds, but these funds are often allocated to specific areas that align with their goals. Your job is to connect those goals with the benefits of fitness.

Here's what schools are prioritizing right now:



BETTER GRADES

Schools receive rewards for improved academic performance.



BETTER ATTENDANCE

Schools get paid based on student attendance.



MENTAL HEALTH

Addressing mental health is a significant focus in education today.

By investing in fitness, schools can achieve these goals. Research shows that healthier kids lead to better grades, enhanced mental focus, improved moods, lower rates of depression, and higher attendance. These benefits align perfectly with the school administration's objectives.

RESEARCH REFERENCE SECTION:

Provide a list of studies that demonstrate the correlation between fitness and academic/mental health improvements. Here are 5 to get you started:

- ✓ **Physical Activity and Academic Performance:** Research has consistently shown a positive relationship between physical fitness and academic outcomes. For example, a study published in the International Journal of Environmental Research and Public Health found that higher levels of physical fitness in students were associated with better academic performance, particularly in subjects like mathematics and reading ([SpringerLink](#)).
- ✓ **Mental Health Benefits:** A review published in BMJ Open Sport & Exercise Medicine highlighted the role of physical activity in promoting youth mental health. The review found that regular physical exercise can significantly reduce symptoms of depression and anxiety in young people, which can contribute to improved academic performance ([People.com](#)).
- ✓ **School Attendance and Engagement:** Improved mental health and physical well-being have been linked to better school attendance. Studies, such as those summarized in the Journal of School Health, have shown that students participating in regular physical activity programs tend to have higher attendance rates and are more engaged in their studies ([SpringerLink](#)).
- ✓ **Self-Esteem and Academic Achievement:** Research has demonstrated that physical activity can boost self-esteem, which in turn positively impacts academic performance. A study published in Current Psychology found that self-esteem acts as a mediator between physical activity and academic success, indicating that increased self-esteem from physical fitness can lead to better academic outcomes ([SpringerLink](#)) ([SpringerLink](#)).
- ✓ **Long-Term Academic and Social Outcomes:** Longitudinal studies, such as one published in Social Psychiatry and Psychiatric Epidemiology, have shown that early physical activity interventions can have lasting effects on academic achievement and social outcomes, reducing the likelihood of school dropouts and improving overall educational attainment ([Science Daily](#)).

STEP 3

MAKE ALLIANCES



You're not alone in this! Connect with your principal and other key players in the district who share your vision. Building a coalition of supporters will strengthen your case. Find teachers, administrators, and staff members who believe in the importance of fitness and work together to push your initiative forward.

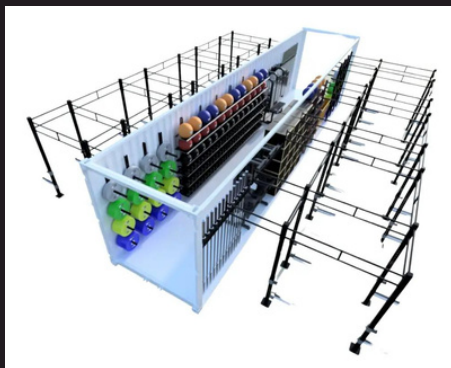
STEP 4

MAKE A PLAN (THE HOW)



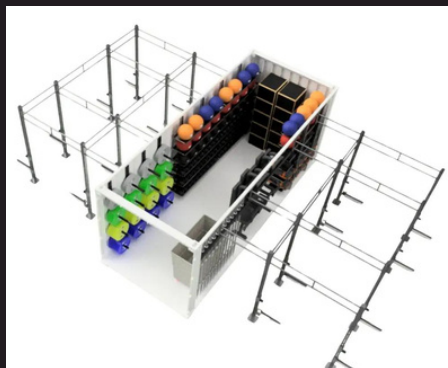
Before approaching the district for funds, you need a solid plan. Determine how much money you're asking for and exactly what it will be used for.

Consider FITBOX's most popular packages:



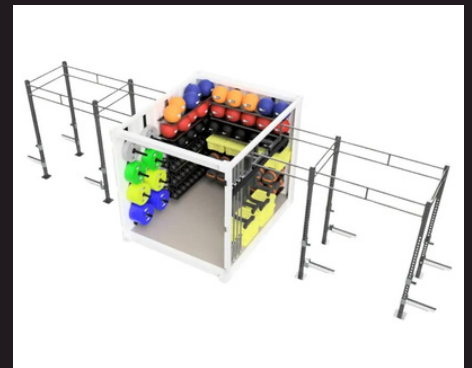
40 FOOT FITBOX

- Includes 883 pieces of equipment
- Organized storage racks
- Price: \$99,000 (Retail: \$420,000)



20 FOOT FITBOX

- Includes 443 pieces of equipment
- Organized storage racks
- Price: \$75,000 (Retail: \$307,000)



10 FOOT FITBOX

- Includes 268 pieces of equipment
- Organized storage racks
- Price: \$49,000 (Retail: \$248,000)

Think about the logistics:

- ? Where will the equipment be stored or used?
- ? How many students will benefit from it each period?
- ? Can both PE and athletics programs share the equipment?
- ! Even consider how staff could use it after hours.

AND REMEMBER:

ALWAYS GET 3 BIDS—START WITH FITBOX AT [THEFITBOX.COM](https://thefitbox.com).

STEP 5

MAKE YOUR PRESENTATION



Now that you have all your information, it's time to make your pitch. Clearly explain **WHY** your proposal will help the district achieve its goals—better attendance, test scores, mental health, and overall student well-being. Then, show **HOW** it can be done using a FITBOX Fitness Center.

Support your case with testimonials from other schools that have successfully implemented the FITBOX program. Highlight the space-saving design and the all-in-one package that doesn't require a dedicated classroom. Everything is organized and can be delivered together, ready to be placed anywhere.

STEP 6

FOLLOW UP



Persistence is key! Once you've made your case, stay engaged and follow up regularly. Schools often have multiple layers of approval, so be prepared for delays. Be patient, but be the squeaky wheel that gets the grease. Stay involved, lead by example, and see your initiative through to the end. Remember, by taking charge, you're making a lasting impact on students for generations to come.



**WITH FITBOX, YOU CAN HELP YOUR
SCHOOL SAVE MONEY WHILE
INVESTING IN THE FUTURE OF YOUR
STUDENTS' HEALTH AND WELL-BEING.
REACH OUT TO US TODAY TO START
THE CONVERSATION, AND LET'S MAKE
A DIFFERENCE TOGETHER!**



805-260-8091



SCOTT@THEFITBOX.COM



THEFITBOX.COM