

**Fitness Partners**



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Y-MOT, INC. is a 501(c)(3) outreach ministry that exists to empower urban youth and their families spiritually, mentally and physically by promoting and developing overall health and wellness. Y-MOT, INC. targets youth ages 6-16 years old that are living in under-resourced communities.



Statistics from the CDC reveal that obesity rates are at epidemic proportions throughout the country. Forbes magazine ranks Memphis first among the most sedentary and obese cities in the country. Y-MOT, INC. is tackling the obesity epidemic head-on by training families in communities to adopt healthy eating and fitness lifestyles. This initiative starts first in the home of our director, Patrick Simmons, where he, his wife Hazel and son Rodrick are taking their fitness goals to new levels since beginning the “Get – Fit – Stay Fit” program at Y-MOT, INC. “I love to share my passion for fitness with others” says Simmons. Each year Y-MOT involves over 150 participants in their fitness clinics where 100% commit to live a healthier lifestyle, 95% complete training sessions and 80% have completed a 4 mile running course. This program is extremely important because overweight and obese youth are at a much greater risk of becoming overweight or obese adults and face various health issues. High levels of obesity are also reported in areas where there is limited access to recreational activities, fewer options for healthy foods and lower levels of health education. Y-MOT, INC. is committed to serving families in the 38109 Zip Code of Memphis where the goal is to construct a Spiritual Health and Wellness Center and walking trail on the 6.2 acres of land they recently purchased in the community. Y-MOT, INC. sends a special thanks to our faithful individual, church and business partners for their investment of prayers, time and resources.