

Senate Resolution 714

By: Senator Golden of the 8th

### A RESOLUTION

1 Commending and congratulating Miss Kaitlin Smith, Miss Valdosta, and recognizing her Fit  
2 4 Life campaign; and for other purposes.

3 WHEREAS, this talented, bright, and enthusiastic young woman is a promising senior at  
4 Lowndes High School located in Valdosta; and

5 WHEREAS, since being selected Miss Valdosta in September, 2003, Kaitlin Smith has been  
6 dedicated to promoting her Fit 4 Life platform; and

7 WHEREAS, Fit 4 Life is designed to provide students with the skills and information they  
8 need, at the time they most need it; and

9 WHEREAS, Fit 4 Life promotes and teaches vital life skills to high school students, such as  
10 money management, health and nutrition, the importance and value of volunteerism, and the  
11 value of education, all through hands-on experiences; and

12 WHEREAS, the Fit 4 Life program is broken down into four comprehensive areas of fitness  
13 to be studied: Intellectual Fitness, with its emphasis on encouraging students to be flexible,  
14 creative, and lifelong learners; Physical Fitness, offering general and detailed health  
15 information that focuses on life after high school; Emotional Fitness, for the purpose of  
16 highlighting and reenforcing the value of self-confidence, self-esteem, knowledge of self, and  
17 volunteerism; and Economic Fitness, providing lessons on financial skills and responsibility  
18 and professional career tips ranging from job interviewing to proper job application  
19 procedures; and

20 WHEREAS, Kaitlin's ambitious, visionary, and well crafted campaign recognizes areas of  
21 deficiency in the lives of many of the state's young people and seeks to provide a valuable  
22 tool with the potential to have far-ranging and positive impacts upon their lives.

1 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE that the members of this body  
2 commend and congratulate Miss Kaitlin Smith on her selection as Miss Valdosta 2003 and  
3 express enthusiastic support for her innovative and timely platform, Fit 4 Life, and wish her  
4 the best in all her future endeavors.

5 BE IT FURTHER RESOLVED that the Secretary of the Senate is authorized and directed  
6 to transmit an appropriate copy of this resolution to Miss Kaitlin Smith.