

4-Time Olympian Joetta Clark Diggs Presents:

# The Head 2 Toe Fitness Program™

For Students, Parents and the Community



## Joetta Clark Diggs

NJ's 1988, 1992, 1996  
& 2000 Olympian

Inducted into the USA  
Track & Field Hall of  
Fame 2009

President, Joetta  
Sports & Beyond

Author, Joetta's "P"  
Principles for Success



The Head 2 Toe Fitness Program™ has been conducted throughout New Jersey for over eight years. As our most popular program, it is dedicated to helping children and their families embrace fitness/wellness. The program focuses on physical activities, agility, coordination, nutrition and goal setting in a friendly and monitored environment. Our goal is to encourage our youth to create the daily physical habits that will stay with them forever.

Also ask us about the

Joetta Clark Diggs Fitness Challenge

[www.joettasportsandbeyond.com](http://www.joettasportsandbeyond.com)

To find out more information on how Olympian Joetta Clark Diggs can bring these fun, safe & effective programs to your area:

E-mail: [joettaevents@yahoo](mailto:joettaevents@yahoo) or call: (484) 851-3148

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