

2020 SPECIAL SESSION I

INTRODUCED

20200988D

HOUSE RESOLUTION NO. 579

Offered August 27, 2020

Commending YOUNiquely Fit.

Patron—Murphy

WHEREAS, YOUNiquely Fit, a nonprofit based in Fairfax County, helps individuals with special needs maintain healthy lifestyles through routine physical fitness and good, balanced nutrition; and

WHEREAS, the roots of YOUNiquely Fit took hold nearly 10 years ago when the organization's co-founder, Michael Frew, started voluntary workout sessions in his backyard for athletes training for the Special Olympics; and

WHEREAS, diagnosed with a learning disability at the age of eight, Michael Frew valued the individualized learning programs he benefitted from in his youth and carried that experience into both his work as a volunteer coach for the Special Olympics and the programs he developed for YOUNiquely Fit; and

WHEREAS, in July 2019, development coach Bryan Yapple united with Michael Frew to formally found YOUNiquely Fit, combining their years of athletic experience and their energy and compassion to create training programs that are inviting and engaging for all; and

WHEREAS, responding to the growing interest in the community, YOUNiquely Fit provides weekly training sessions for dozens of participants as well as individual sessions for athletic, strength, mobility, agility, and fitness training; and

WHEREAS, since the onset of the COVID-19 pandemic, YOUNiquely Fit continues to serve its mission by producing virtual fitness training videos and holding small group training sessions that adhere to the latest safety protocols; and

WHEREAS, YOUNiquely Fit helps its program participants develop confidence and grow into thriving young adults, exemplifying the best of what makes the Commonwealth a wonderful place to live, work, and raise a family; now, therefore, be it

RESOLVED by the House of Delegates, That YOUNiquely Fit, a nonprofit in Fairfax County, hereby be commended for its tireless efforts to aid individuals with special needs in their pursuit of healthy, fulfilling lives; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare copies of this resolution for presentation to Michael Frew and Bryan Yapple, co-founders of YOUNiquely Fit, as an expression of the House of Delegates' admiration for their remarkable contributions to the Commonwealth.

INTRODUCED

HR579