



Baltimore Ravens' LB Ray Lewis and Celebrity Fitness Trainer Monte Sanders [right] at youth clinic.
Photo: (Photos by Deborah Green/Examiner.com)

Baltimore Ravens Linebacker Ray Lewis gives kids a lesson on fitness

May 16th, 2010 4:50 pm ET

By **Deborah Green**, Baltimore Fitness Trends Examiner

[Baltimore Ravens'](#) inside linebacker [Ray Lewis](#) is making a difference in the lives of others inside and outside of football as he continues giving back to the community of Baltimore.

The [ten-time Pro Bowler](#) spread a message of physical fitness as he hosted his [Wal-Mart Youth Fitness Clinic](#) at [Patterson Park](#) on Saturday.

"I think if you teach them than they grow up wanting to live healthy, not because of the sport, or athletics or anything like that, just simply because it's the way that we should live," [Ray Lewis](#) said.

With increasing rates of [childhood obesity](#) on a national and local scale, it's a message that kids need to hear at a young age.

The youth fitness clinic is a part of Lewis' annual [Ray's Summer Days](#), a fundraising event held this year from May 13 to May 15. This year's host of festivities was held in May because his family wanted to do



something special to celebrate his 35th birthday and events all in the same week.

Lewis with a smile on his face as the crowd sung happy birthday to him as he encouraged children to have a passion for living healthy lifestyles starting at a young age.

"I think it's where our country should be focusing on. It's the longevity of life and if you can grab these babies from a very young age, then you can educate them why fitness is so important," [Lewis](#) said.

Among other speakers at the clinic to motivate kids about fitness, were Celebrity Fitness Trainer [Monte Sanders](#) of [Sanders Optimum Fitness](#) and the legendary [Cleveland Browns'](#) fullback and successful actor [Jim Brown](#).

"Of course when talking about fitness, it has a lot to do with your life. To emphasize it to the young people at this age gives them a chance to live a full and healthy life," [Jim Brown](#) said.

[NFL Hall of Famer](#) and possibly the best player to have ever played the game, Brown retired from football at age 30, after playing nine seasons with the [Cleveland Browns](#).

During his extensive football career he was an explosive fullback with a dynamic level of fitness that could catch passes, throw passes and return kickoffs.

"The importance of fitness fits into the importance of life. The great thing about today is the diversity and the people that have volunteered to work with Ray and to work with the kids and to have kids from all races, cities and gender-it's fantastic," [Brown](#) said.

Kids from all walks of life participated in the clinic and worked out dressed in their [#52](#) T-shirts and jerseys alongside Lewis as they completed various drills and exercises.

Lewis, a [2-Time NFL Defensive Player of the Year](#) and [Super Bowl XXXV MVP](#), served as an example to hundreds of young people wanting to get a look at his work ethic. Throughout the week, Lewis' schedule has been non-stop with events, not to mention just finishing mini-camp a few weeks ago.

In the mist of football preseason as Lewis prepares for his [15th NFL season](#), he likes to mix up his training routine and is always trying to reach a higher level of fitness.

The popular fighting system, Kenpo, which means "Law of the fist," is now a part of his workout.

"Don't make me think of that, I just trained them today," says Lewis jokingly after working out with the kids.

Kenpo is a fighting style that uses hands and feet; it shares similar technique fighting styles of [Okinawan](#).

"It's different, it's very different. Your mind really has to be totally focused, because it's like learning to walk all over again. I like the challenge, I'm going to stay with it," [Lewis](#) said.

And staying the course with fitness oriented goals of being active and living a healthy lifestyle is what [Linebacker Ray Lewis](#) and [NFL Hall of Famer Jim Brown](#) hopes their message will stick with the community.

"It's our job to get them to participate and to get their parents to participate, so that's what's happening today. It's about those who do, not about those who don't," [Brown](#) said.

Slideshow: Wal-Mart Youth Fitness Clinic



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