



FOR IMMEDIATE RELEASE
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WORLD FIT PROGRAM TO TAKE PLACE IN MIAMI-DADE SCHOOLS

MIAMI – Gary Hall, Sr., in cooperation with the Miami-Dade Sports Commission (MDSC), the United States Olympians Association and Miami-Dade County Public Schools will host the World Fit Olympic Sports Program at local middle schools in Miami-Dade County over the next six weeks.

The World Fit Program was created to give children in grades 6-8 the opportunity to learn about, and embrace an active and healthy lifestyle. Olympians in Miami will be leading the initiative to help fight childhood obesity in our community, and hope to inspire a new culture of physical fitness among middle school children. Approximately 1000 students will have the opportunity to participate in the 2009 program.

The event will begin on Monday, April 13th at 1:00 PM at Shenandoah Middle School (1950 SW 19th Street, Miami, Florida 33145). The day will feature a presentation by Olympian Gary Hall, Sr. followed by the first walk of the six-week program. On April 14th, the program will continue at Nautilus Middle School (4301 North Michigan Avenue, Miami Beach, FL 33140).

“We want every child in Miami-Dade County to have an opportunity to live long, healthy lives, and also to excel at sports,” said Mike Sophia, Executive Director, Miami-Dade Sports Commission. “In addition to encouraging a healthy and active lifestyle for our youth, we are able to expose them to the Olympic sports movement.”

After evaluating the success of this year’s program based on the improvement of exercise habits among a percentage of participating students, the program will be expanded to other middle schools in Miami, as well as other communities across America for the following year.

The Miami-Dade Sports Commission was created by the Miami-Dade County Board of County Commissioners in 2003, and opened for business in April of 2004. The Sports Commission promotes sports in Miami-Dade County, and works to secure sports events that will generate economic impact for the community. The Miami-Dade Sports Commission is a proud partner of the United States Olympic Committee’s Community Partner program.

For more information about the Miami-Dade Sports Commission, please visit www.MiamiSports.org.

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