



FOR IMMEDIATE RELEASE  
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### **WORLD FIT PROGRAM A SUCCESS IN MIAMI-DADE SCHOOLS**

MIAMI – After six weeks of walking in the World Fit Program, students from Shenandoah and Nautilus Middle Schools made giant strides in getting active and demonstrating a healthy lifestyle. Approximately 1,200 students participated in the 2009 program that saw a completion of over 112,000 miles walked.

The program took place over a six-week period from April 13th to May 22nd at Shenandoah Middle School (1950 SW 19<sup>th</sup> Street, Miami, Florida 33145) and Nautilus Middle School (4301 North Michigan Avenue, Miami Beach, FL 33140). The program began with a presentation by Olympian Gary Hall, Sr. followed by daily walks where faculty and parents joined in and walked with students.

“It is fantastic to see so many young people committed to staying active and being healthy,” said Miami-Dade Sports Commission (MDSC) Chairman Jose “Pepe” Diaz. “We are proud to have supported the efforts of Gary Hall, Sr., and we are grateful for his commitment and dedication.”

“This program clearly demonstrates that the combination of motivation from Olympians and other great athletes, committed teachers and enthusiastic students can truly embrace an active and healthy lifestyle,” added Mike Sophia, Executive Director of the MDSC.

Founder Gary Hall, Sr. stated, “We are so excited by the results of this year’s program. My expectations have been greatly surpassed and we will certainly carry this momentum with us into the future. There are great things to come for the World Fit Program.”

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 are leading the initiative to help fight childhood obesity in our community, and they hope to inspire a new culture of physical fitness among middle school children. Gary Hall, Sr., in cooperation with the Miami-Dade Sports Commission (MDSC), the United States Olympians Association and Miami-Dade County Public Schools collaborated to implement the World Fit Olympic Sports Program.

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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

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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](http://www.MiamiSports.org).

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