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CHRIS DRAFT TO HOST HEALTH & FITNESS CAMP AT SUPER BOWL XLII

“Get Checked and Get Fit” Draft Day: Super Bowl XLII to be held Saturday, February 2, from 8:30am-1pm at Espiritu NFL YET Academy

PHOENIX, AZ – January 30, 2008. St. Louis Rams Linebacker **Chris Draft**, winner of a 2008 JB Award for leadership, dedication, and commitment to team and community, and **The Chris Draft Family Foundation** will host **“Get Checked and Get Fit” Draft Day: Super Bowl XLII** at the **Espiritu NFL Youth Education Town (YET) Academy** 4848 S. 2nd Street in Phoenix on Saturday February 2. Draft Day, the Foundation’s signature “fitness camp with a twist” is a fun-filled and informational health and fitness camp for both youth and parents.

In partnership with the Espiritu NFL YET Academy, Draft Day: Super Bowl XLII, sponsored by **Massage Envy**, will host approximately 300 campers from the Phoenix metro area. Attending youth and parents are leaders within their schools and organizations, and have been selected as ambassadors charged with carrying the message of the day back to their respective groups. The parent’s Draft Day camp experience contains informational sessions on a host of topics that include nutrition tips from professional chefs and access to healthcare professionals for question and answer, consultations and mini-checkups. Parents will also be treated to massages from Massage Envy and given information on stress management and overall wellness. Youth sessions at Draft Day: Super Bowl XLII include Girl Talk and Just us Guys breakouts, an interactive workout from NFL Play-Action powered by HOPSports, and football field drills with active and retired NFL players.

Chris Draft stated, “Draft Day’s fitness camp embraces the NFL YET initiative and the Phoenix’s NFL YET Academy’s mission, the only YET facility that is a charter school. The Espiritu NFL YET Academy is the perfect host for our health and fitness camp because school’s faith and family based curriculum is an ideal companion to our youth and parent-centered camp experience.”

The American Lung Association of Arizona, The Centers for Disease Control and Prevention (CDC), HOPSports, creator of interactive workout system *NFL Play-Action powered by HOPSports*, **Maricopa County Department of Health, NUI Kid Water and Massage Envy have committed to the event.** Attending NFL Players will facilitate indoor and outdoor sessions. Participants include Draft’s **St. Louis Rams teammates: Oshimogho “OJ” Atogwe, Brandon Gorin, Nick Leckey, Milford Brown, and Justin Phinisee**, as well as **Seattle Seahawks Kicker Josh Brown, Washington Redskins Cornerback Leigh Torrence, Troy Walters and Stan Wilson (Detroit Lions), Na’il Diggs (Carolina Panthers), and Alex Smith (Tampa Bay Buccaneers). Arizona Cardinals Coach Billy Davis** will participate in the Coaches and Parent’s Roundtable session and **Pellom McDaniels**, former Kansas City Chief, Professor of History & American Studies University of Missouri-Kansas City will lead a goal setting session. Chris Draft’s Stanford Football teammates will be on hand including Phoenix’s Brophy Prep Hall of Fame running back **Mike Mitchell**, Arizona Republic All-Century Team and Arizona 5-A football record holder for career touchdowns, points and rushing yards.

ABOUT THE CHRIS DRAFT FAMILY FOUNDATION— The Chris Draft Family Foundation, a project of Congressional District Programs, Inc – a registered 501(c)(3) public charity, was founded in 2006 by NFL Linebacker Chris Draft, NFL Alumni Spirit Award recipient and winner of a 2008 JB Award for leadership, dedication, and commitment to team and community. The Foundation strives to empower and uplift communities by educating and equipping families to make healthier choices. To achieve its mission, The Foundation focuses on educating families on the importance of physical fitness, nutrition, character development, health maintenance and healthy living conditions. Detailed information is available at www.chrisdraftfamilyfoundation.org.

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