



## FOR IMMEDIATE RELEASE

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# St. Louis Rams Linebacker Chris Draft Hosts Family Fitness Camp

## *Get Checked and Get Fit™ Draft Day™: St. Louis Style Celebrates the St. Louis Rams' Play60 Program*

On Saturday May 17, St. Louis Rams Linebacker Chris Draft welcomes almost 400 youth and parents to his **Get Checked and Get Fit™ Draft Day™: St. Louis Style** fitness camp at Herbert Hoover Boys & Girls Club Sportsman's Park Unit on North Grand Avenue. As a part of the St. Louis Rams' Play60 program, geared toward inspiring youth to play every day, Draft Day™ youth and parent participants will enjoy special sessions and camp curricula designed to empower them to make choices to live healthier lifestyles.

Recipient of the NFL Alumni Spirit Award, a JB Award and the 2008 AT&T National Sportsmanship Award, Chris Draft and his Foundation have worked to tap a number of community and corporate resources united by a common goal of providing families with tools to live healthier lifestyles. Camp facilitators will be assisted by St. Louis Rams coaching staff, cheerleaders and players. Draft's participating teammates will include **Victor Adeyanju, Ron Bartell, Eric Bassey, Josh Brown, Quinton Culberson, Eric Fowler, Adam Goldberg, Brandon Gorin, Marques Hagans, Nick Leckey, Tim McGarigle, Brett Romberg, Clifton Ryan, Mark Setterstrom, and Brandon Williams.**

Embracing sport and activity in every form, Draft Day™ begins with a special dance performance from MADCO, the Modern American Dance Company. MADCO, known for its versatile and athletic style, will perform "Battlefield" by internationally renowned choreographer Robert Battle. The day's camp curriculum features separate sessions for both youth and parents:

- Agility Drills: Indoor and outdoor drills led by **St. Louis Rams football players** using NFL Play-Action powered by HOPSports and outdoor drills using official NFL equipment
- Just Us Guys: guys only break-out session led by **St. Louis Rams football players**
- Girl Talk: girls' session featuring **St. Louis Rams cheerleaders**
- Chef Talk: Simple tools, tips and lessons in healthier eating
- Coaches and Parent's Roundtable: featuring **St. Louis Rams Coaches** and **St. Louis Rams Moms & Dads**
- Financial Literacy: Advice and helpful information about family finance and educational funding from **Edward Jones** and the **U.S. Department of Education**
- Health Professional Roundtable: **The Centers for Disease Control, American Lung Association, American Heart Association, St. Louis City Health Department** & more
- Healthy Minds, Healthy Bodies, Healthy Spirits: yoga classes for youth, massage therapy for parents and wellness education
- Goal Setting: Youth learn the process of setting personal goals and making plans to achieve them

Campers at Draft Day will come from the city of St. Louis, St. Louis County and East St. Louis. The youth and parents at Saturday's camp will serve as ambassadors, carrying the day's tips, tools and back to their respective groups, helping spread knowledge about fitness, nutrition and health maintenance.

### **ABOUT**

The Chris Draft Family Foundation, a project of Congressional District Programs, Inc – a registered 501(c)(3) public charity, was founded in 2006 by St. Louis Linebacker Chris Draft, NFL Alumni Spirit Award recipient and winner of a 2008 JB Award. 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.

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