



**FOR IMMEDIATE RELEASE** - For additional information please contact: Brett Grassmuck, Director of Communications - [bgrassmuck@chrisdraft.org](mailto:bgrassmuck@chrisdraft.org) or mobile: (314) 607-5990

## **Chris Draft Family Foundation Hosts Annual Draft Family Fitness Day Saturday, May 9**

*Foundation's signature event will take place at Herbert Hoover Boys and Girls Club in St. Louis*

ST. LOUIS – Rams linebacker Chris Draft and the Chris Draft Family Foundation will host the foundation's signature event, Draft Family Fitness Day, or "Draft Day®" for short, on Saturday, May 9. For the second year in a row, the event will be held at the Herbert Hoover Boys and Girls Club in St. Louis.

Draft Family Fitness Day is a fitness camp for the whole family with special sessions and camp curricula for youth ages 12-18 and their parents. Participating campers have been dubbed "Draft's Picks," as they were specially selected by Draft to attend the camp based on their leadership abilities.

As part of the Chris Draft Family Foundation's Get Checked and Get Fit™ movement, Draft Day® provides lessons for participating youth and their parents on leading their families to happier and healthier lives and charges the campers with the task of sharing what they've learned with their communities.

Draft Day® sessions include the Parents and Coaches Roundtable with Rams Head Coach Steve Spagnuolo and offensive line coach Art Valero, Chef Talk with Chef Eulyan Welch, Fitness Blitz powered by HOPSports, Goal Setting with University of Missouri-Kansas City professor Pellom McDaniels, Financial Literacy with Marvin Mitchell of Edward Jones and Sebrina Colvin of St. Louis Community College, Just Us Guys with Rams Players and Girl Talk with a former Rams cheerleader and members of the SLU Billikens women's basketball team.

Prior to Draft Family Fitness Day on Saturday, the Chris Draft Family Foundation will host a Meet and Greet session at the Centene Center for Arts and Education Friday, May 8, from 5:00 p.m. – 7:00 p.m. The Meet and Greet is a fundraising event for the Chris Draft Family Foundation that allows attendees to enjoy good food, good music and good conversation, while learning a little more about the foundation. Several of the Rams players participating in Draft Day® will be on hand for the Meet and Greet, including kicker Josh Brown, safety Eric Bassey, cornerback Justin King, offensive lineman Adam Goldberg, fullback Mike Karney and defensive lineman Victor Adeyanju.

Draft will be available for interviews before, during and after the Draft Day® event. To speak with Draft, please contact Brett Grassmuck, Director of Communications at (314) 607-5990 or [bgrassmuck@cdraft.org](mailto:bgrassmuck@cdraft.org).

**What:** Draft Family Fitness Day  
**Where:** Herbert Hoover Boys and Girls Club  
2901 N. Grand Ave.  
St. Louis, MO 63107  
**When:** 8:30 a.m.

**What:** Draft Family Fitness Day Meet and Greet  
**Where:** Centene Center for Arts and Education  
3547 Olive Street  
St. Louis, MO 63103  
**When:** 5:00 p.m. – 7:00 p.m.

### **About Get Checked and Get Fit™**

Get Checked and Get Fit™ focuses on inspiring and motivating individuals to take charge of their health and well-being. With an emphasis on educating through example, the Foundation sponsors signature events called Get Checked and Get Fit™ Draft Day® across the country.

### **About the Chris Draft Family Foundation**

The mission of the Chris Draft Family Foundation is to strengthen communities by empowering families to live healthy lifestyles. The Foundation focuses on seven primary initiatives with overarching themes that stress the importance of education, healthy lifestyles, character development, personal responsibility, self-discipline and physical fitness. For more information, please visit our website: [www.chrisdraftfamilyfoundation.org](http://www.chrisdraftfamilyfoundation.org).

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