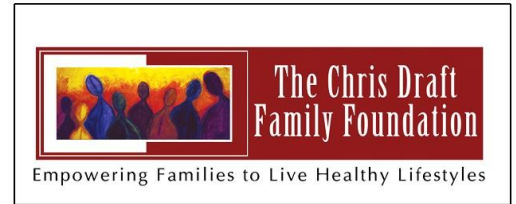




**BOYS & GIRLS CLUBS  
OF AMERICA**



**NFL YOUTH  
EDUCATION  
★ TOWN ★  
ATLANTA**



**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

## **Draft Family Fitness Day Returns to Atlanta June 20**

*NFL Youth Education Town Provides Perfect Setting for Foundation's Signature Event*

ATLANTA – In collaboration with the Boys and Girls Clubs of America and the Boys and Girls Clubs of Metro Atlanta, Linebacker Chris Draft is bringing the Chris Draft Family Foundation's signature event, Draft Family Fitness Day, back to the NFL Youth Education Town Boys and Girls Club in Atlanta on June 20.

Draft Family Fitness Day, or Draft Day® for short, is a family fitness camp 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 part of groups specially selected by Draft to send attendees to 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.

The NFL Youth Education Town Boys and Girls Club, or YET, is the ideal setting for the Draft Day® event, as Chris Draft is the only active NFL player to serve on the board of the NFL YET. The NFL YET promotes the values of the Draft Family Fitness Day event on a daily basis through various after school educational and physical fitness activities.

Draft Day® sessions include the Coaches and Parents Roundtable with former Atlanta Falcon Billy "White Shoes" Johnson, Tony Draft, Chris's father and Eartha Whitfield, mother of former Atlanta Falcon Bob Whitfield; Chef Talk with Atlanta Chef Marvin Woods; Goal Setting with University of Missouri-Kansas City professor and former Atlanta Falcon Pellom McDaniels; Health Professionals Roundtable with Sandra McDonald of OUTREACH, INC., Michael Sells of the Centers for Disease Control and Prevention, Dr. Michael Hickson, Science and Research Liaison with Tibotec Therapeutics and Medical Consultant with the NFL Substance of Abuse Program and Beth Passehl, Program Coordinator with Children's Healthcare of Atlanta; Balanced Bodies with Atlanta youth yoga guru Cheryl Crawford; Just Us Guys with youth mentor Eliel Swinton; Girl Talk with Chato Waters, the Atlanta Falcons' cheerleader coordinator and former Falcons cheerleader Kristye Addison Dudley and massages provided by Peggy Poland and massage therapist Myrna Bescher.

Active and retired NFL players, including former NFL players Solomon Brannan, Tim Broady, Keith Ponder, Vernon Strickland, Kadar Hamilton and Keion Carpenter, and active players Leigh Torrence of the New Orleans Saints, Terrence Melton of the Baltimore Ravens and Travis Brown, Eric Moore, James Butler and Cordelius Parks of the St. Louis Rams, will be on hand to take part in several Draft Day® events, including Just Us Guys, Take it Outside and Fitness Blitz.

Also joining Draft in Atlanta is Byron Garrett, the CEO of the National Parent Teacher Organization. Draft is scheduled to be announced as the National Spokesperson for the Parent Teacher Organization on Thursday, June 18.

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:** NFL Youth Education Town  
535 Hill St SE  
Atlanta, GA 30312  
**When:** 8:30 a.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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