

Save the date!



Online registration is coming soon!

DRAFT FAMILY FITNESS DAY 2009 – ST. LOUIS STYLE!

A Project of the Get Checked and Get Fit™ Movement

May 9, 2009

7:30 a.m. – 1:00 p.m.

Herbert Hoover Boys and Girls Club

2901 North Grand Ave./St. Louis, MO//63107

The Chris Draft Family Foundation's signature event, **Draft Family Fitness Day**, is a wellness camp for the entire family with special sessions and camp curricula for youth ages 12-18 and their parents. Participants are chosen by a select group of schools and community agencies to serve as **Draft's Picks™**—ambassadors who have shown high standards of character and leadership and are charged with the duty to return to their schools and agencies to share the information and strategies they will learn.

The Foundation's **Get Checked and Get Fit™** initiative centers on providing youth and families with knowledge about physical fitness, nutrition and health maintenance. The goal is to provide families with access to both opportunity and tools which they can use to make choices to live healthier lifestyles.



Chris Draft and the Chris Draft Family Foundation would like to thank the Herbert Hoover Boys & Girls Club for providing their facility and staff for Draft Day®: St. Louis Style!

Draft Day®—Youth Sessions

Balanced Bodies: Have you played 60 today? Play well and eat better! Sessions focus on our youth camper's body, mind and spirit:

- ♥ Wellness advice for youth, discussing childhood health issues - particularly asthma awareness and stressing the importance of physical activity.
- ♥ Yoga instruction emphasizing reading, music and creativity to educate the whole child, creating the ultimate learning adventure to help youth gain confidence, de-stress and relax.
- ♥ Nutritional information including explanation of the food pyramid and tips for healthier eating.

Take It Outside (Agility Drills-Field) & Fitness Blitz (powered by HOPSports): Get active! Youth will participate in outdoor agility drills led by active and retired NFL football players and other sports professionals and indoor agility drills with HOPSports' multimedia instruction delivered through DVR technology.

Girl Talk: A girls only session structured to encourage young women to talk about school, academics, social issues, friendships and community involvement. Discussions will center on self-esteem, self-respect and regard for others. Rams cheerleaders lead this session.

JUST US GUYS: Just Us Guys is a session for young men that emphasizes the key theme of Draft Day-Strength of Character! Facilitated by Rams players!

Goal Setting: "How do I achieve my goals?" "What is good character?" A special breakout session for youth to discuss their goals and the impact of the choices they make.

MONEY SMART: Financial Literacy for Kids. It's never too early for youth to learn how to manage their money and to set financial goals. A kid-friendly introduction to long range financial goal setting.

Draft Day®—Parent Sessions

Chef Talk: Get the most nutrition out of your calories and make a big difference in the overall health of your children! The "Chef Talk" session, led by local chefs is geared toward empowering families to do better – even just a little bit – with simple tools, easy instruction and helpful tips in the kitchen.

COACHES AND PARENTS ROUNDTABLE: Keep your kids active. Help them balance athletics, extracurricular activities and academics. Be the best advocate for them and learn from both coaches and parents who have been there! Led by members of the Rams coaching staff.

Financial Literacy: Raise a money smart kid! Does your financial picture bring stress? Learn to handle your money well and your children will have the necessary tools to handle their finances when they venture out into the world. As parents, you influence the way your children will handle money!

Healthy Minds... Healthy Bodies (Health Professionals Roundtable): Get answers to health questions in a comfortable environment from health professionals and community health organizations. Previous participants included the American Lung Association, American Heart Association, and the St. Louis City Department of Health.

Massage Therapy: Enjoy a massage while you focus on the 3 R's. Restore balance while you Relax, Refresh and Renew your body and spirit.

Fitness Blitz (powered by HOPSports): Get active! Challenge yourself with indoor agility drills powered by HOPSports' multimedia instruction delivered through DVR technology.