



NEWS RELEASE

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FOR IMMEDIATE RELEASE:



MEDIA CONTACT:

Edith Torres

Miami-Dade Parks

305-755-7862

Email: etorres@miamidade.gov

Conchita Ruiz-Topinka

AvMed Health Plans

305-671-7306

Email: Conchita.ruiz@avmed.org

****PHOTO OPPORTUNITY****

MIAMI-DADE PARKS SUMMER CAMPERS START THE DAY WITH MORNING MILE PROGRAM SPONSORED BY AVMED

(MIAMI, July 19, 2011) – Thanks to AvMed Health Plans, summer campers at 20 county parks will start the day with a morning run as part of the Morning Mile Program, a fitness program that equips schools and parks with materials and guidance to successfully incorporate a morning running program into their curricula. Miami-Dade Parks partnered with AvMed Health Plans to incorporate the Morning Mile Program into its already successful Fit-to-Play, Green-it-Up summer camp program which provides children with a physical fitness, nutrition, and overall wellness program for kids ages 6-14.

To inaugurate the program in the North District of the Parks system, there will be an opening ceremony on Wednesday, July 20, at 10:30 a.m., at Country Village Park with Commissioner Barbara Jordan, Parks Assistant Director Frank Faragalli, AvMed Health Plans Director of Client Service Pat Nelson, and summer campers from Country Village Park and other participating parks. The event will start with a one-mile run/walk on the field with the children and invited dignitaries, followed by a few words from each of the guests. Country Village Park is located at 6550 NW 188 Terrace, Miami, FL.

The 20 participating parks include Arcola Park, Arcola Lakes Park, Cinco de Mayo Park, Continental Park, Country Village Park, Deerwood-Bonita Lakes Park, Goulds Park, Hammocks Community Park, Highland Oaks Park, Martin Luther King Park, North Glade Park, North Trail Park, Raices at Miller Drive Park, Ruben Dario Park, South Dade Park, Sgt. Joe Delancy Park, Tamiami Park, Tropical Estates Park, Westwind Lakes Park, and Disability Services at Westwind Lakes Park (this program is for children with disabilities).

MIAMI-DADE PARK AND RECREATION DEPARTMENT

275 NW 2nd Street, Third Floor, Miami, FL 33128

(305) 755-7800

Developed by Fitzness International in Gainesville, FL, the Morning Mile program provides participating schools or parks with a program guidebook and everything they need to bring the exercise program to their students. The program has been so successful that venues around Florida are requesting information so they can implement the program. A grant from AvMed provided the funding for the Morning Mile starter kits, which give parks the instructions and materials to start the program. To learn more about the program, visit www.MorningMile.com.

An inaugural ceremony was held last week at Westwind Lakes Park with AvMed President and COO Ed Hannum, Chairman Joe Martinez, and Parks Director Jack Kardys.

WHO: Miami-Dade County Commissioner Barbara Jordan, AvMed Health Plans Director of Client Service Pat Nelson, Miami-Dade Parks Assistant Director Frank Faragalli, and Miami-Dade Parks summer campers

WHAT: Morning Mile Program Opening Ceremony and Run

WHEN: Wednesday, July 20, 2011, 10:30 a.m.

WHERE: Country Village Park is located at 6550 NW 188 Terrace, Miami, FL

About AvMed Health Plans

AvMed has been providing health care coverage to Florida citizens and businesses for over 40 years. AvMed is one of only a few health plans in the United States that enjoys dual “excellent” accreditation status for both its Commercial and Medicare health plans from the National Committee for Quality Assurance (NCQA), the nation’s top health care quality evaluator. AvMed offers health coverage options to large and small employers in most major markets around the state; Medicare Advantage products in Broward and Miami-Dade counties, and Individual coverage in Broward, Miami-Dade and Palm Beach counties. For more information about AvMed, visit www.avmed.org.

About the Miami-Dade Park and Recreation Department

Nationally accredited, a three-time winner of the NRPA National Gold Medal Award and winner of the 2009 Florida Governor’s Sterling Award for excellence in management and operations, Miami-Dade Parks is the third largest county park system in the United States, consisting of 263 parks and more than 12,848 acres of land. It is one of the most unique park and recreation systems in the world. Made up of more than just playgrounds and athletic fields, it also comprises out-of-school, sports-development, and summer-camp programs; programs for seniors and people with disabilities; educational nature centers and nature preserves; environmental restoration efforts; arts and culture programs and events; the renowned Zoo Miami and the Deering Estate at Cutler; the Crandon Tennis Center, home of the Sony Ericsson Open; golf courses; beaches; marinas; campgrounds; pools; and more. For information about Miami-Dade Parks call 3-1-1 or visit www.miamidade.gov/parks.

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