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Embrace better health.®



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AvMed and Miami-Dade County Commissioners join Miami-Dade Parks' summer campers for a Morning Mile® 'fun-run'

MIAMI (July 11, 2017) – Summer is in full swing and children are staying active at Miami-Dade Parks' summer camps where they start each day walking or running the Morning Mile®, sponsored by AvMed. Joining in the activity are representatives from AvMed, Miami-Dade Parks, the Parks Foundation of Miami-Dade, and Miami-Dade County Commissioners who are heading to five summer camps at district parks to participate in the one-mile 'fun-run' with the campers.

Locations and times of these Morning Mile® events are:

- **July 12, 2017, 8:30 a.m. at Highland Oaks Park**, 20300 NE 24 Ave., North Miami, FL 33180 with Miami-Dade County Commissioner Sally Heyman, District 4
- **July 13, 2017, 8:30 a.m. at Continental Park**, 10000 SW 82 Ave., Miami, FL 33156, with representatives from Miami-Dade County Commissioner Xavier Suarez, District 7
- **July 20, 2017, 8:30 a.m. at West Perrine Park**, 10301 SW 170th Terrace, Miami, FL 33157, with representatives from Miami-Dade County Commissioner Dennis C. Moss, District 9
- **July 26, 2017, 8:30 a.m. at Gwen Cherry Park**, 7090 NW 22nd Ave, Miami, FL 33147, with Miami-Dade County Commissioner Jean Monestime, District 2

MIAMI-DADE PARKS, RECREATION AND OPEN SPACES DEPARTMENT

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

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- **August 4, 2017, 8:30 a.m. at West Wind Lakes Park**, 6805 SW 152nd Ave, Miami, FL 33193, with representatives from Miami-Dade County Commissioner Joe Martinez, District 11

Developed by Fitz Koehler of Fitness International in Gainesville, FL, The Morning Mile® was created as a way to introduce daily walking or running to children at schools across the nation. The Morning Mile is designed to get kids active, fit, and poised to carry good exercise habits into adulthood, a perfect addition to Miami-Dade Parks' Fit2Play™ general program camps which teach kids how to live a healthy lifestyle and provides evidence-based physical fitness activities.

For every five miles logged, the children receive sneaker-shaped necklace charms to mark their progress and encourage physical fitness. Since the program started at Miami-Dade Parks' summer camps, more than 13,000 summer campers have logged more than 325,000 miles.

"This activity aligns with our efforts to deliver ways to keep our communities WELLfluent, celebrating the riches that come from health, happiness and a balance of mind, body and spirit," said AvMed President and COO James M. Repp. "Now in our sixth summer with Miami-Dade County camps, The Morning Mile ensures we're helping our home county stay fit and lead a healthy lifestyle through nutrition and physical activity."

"Thanks to the children who have participated over the years, to the outstanding staff at Miami-Dade Parks, and to AvMed for believing in the program from the very beginning," said Koehler. "In believing in the program, AvMed has absolutely enhanced the lives of the children it serves. That's what it's all about."

AvMed's sponsorship includes the Morning Mile® starter kits, providing recreation specialists with the instructions and materials to implement the program at all 32 Fit2Play™ general program camp sites. AvMed continues to be the state's leading sponsor of The Morning Mile®, which began in Florida but has now expanded to 13 states and three countries around the world.

"We're grateful to AvMed for the continued partnership and shared commitment to provide affordable recreational programming for people of all ages to get or remain fit and healthy at Miami-Dade County Parks," said Maria Nardi, Director Designee of Miami-Dade Parks, Recreation and Open Spaces Department. "Parks are a community's first choice for accessible and affordable fitness, sports, and recreational opportunities."

[Miami-Dade Parks](#) is a world-class parks system supported by the [Parks Foundation of Miami-Dade](#) and focused on Placemaking, Health and Fitness, and Conservation and Stewardship.

About AvMed

With headquarters in Miami and offices in every major metropolitan area of the state, AvMed transforms lives to create a WELLfluent world. By uniting around this sole purpose, we aim to inspire our 382,000 Floridian health plan Members to focus on health and happiness of the mind, body, and soul. Learn more at [AvMed.org](#) or visit our Facebook page to tag your WELLfluent life with #JointheWELLfluent.

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About The Morning Mile®

Created by Fitzness® International LLC, the Morning Mile® is a before-school or camp walking/running program which allows children to start their day in an active way with fun, music and friends. Students get 30 minutes each day to run as far or as little as they choose with exciting reward necklaces to keep them motivated. As of this Fall, The Morning Mile® will have 300 programs in 15 states, three countries and over three million miles run! Free to the school and free to the student, The Morning Mile® is paid for by generous corporate partners like AvMed, who is the largest sponsor in Florida with over 60 programs in action. To learn more about bringing The Morning Mile® to your favorite school or sponsoring the program, visit www.MorningMile.com.

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To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any Miami-Dade Parks-sponsored program or meeting, contact Mary Palacios at 305-755-7848 or Mary.Palacios@miamidade.gov, at least 7 days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).

Parks, Recreation and Open Spaces

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