



**FOR IMMEDIATE RELEASE**

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**Miami-Dade Parks to Run with AvMed Through 2016**

*Expanded Agreement Includes Fitness Programs for Kids, Adults and Seniors*

**MIAMI – June 2, 2015** – On foot, on bike, in the senior centers and in the communities, Miami-based AvMed and Miami-Dade Parks will work together again to keep South Florida fit.

AvMed and Miami-Dade's Parks, Recreation & Open Spaces Department announced an expanded partnership slate which amplifies their shared commitment to staying well through exercise.

"Miami-Dade County Parks are truly special," said AvMed Chief Medical Officer Ann O. Wehr, M.D. "Residents are rightly proud of these wonderful spaces which continue to be the perfect venues to head outdoors, get moving and live healthier lives. AvMed shares the County's commitment to wellness that drives this partnership and our health plans."

The newly-announced agreement includes BIKE305, Fit2Play™ summer camps, the Morning Mile® and, new for 2015-2016, the Active Older Adults program.

**Fit2Play™**

*Miami-Dade County Parks welcome nearly 7,000 children to summer camps each year. Fit2Play™ is an important component of after-school and camp programs, crossing income and cultural demographics with a low-cost, high-value solution to the nationwide obesity epidemic. AvMed's support of health and wellness programs in Miami-Dade County Parks directed towards children will have a positive, long-lasting impact.*

**The Morning Mile®**

*Now in its fifth year in Miami-Dade, The Morning Mile gives children reasons to stay active and rewards for reaching milestones along the way. This year's partnership brings the program to 36 County Parks, keeping AvMed as the top corporate sponsor of this Florida-born program.*

**Active Older Adults**

*For the first time since the program began nearly two years ago, Miami-Dade Active Older Adults program gets a boost from AvMed. Designed specifically for Miami-Dade's senior community, Active Older Adults offers engagement opportunities ranging from tennis to Tai Chi with the goal of improving quality of life through consistent physical and mental activity.*

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### **BIKE305**

*In the spring, BIKE305 highlights the County's bike pathways and expansive opportunities to stay fit through cycling. This collaborative initiative between Miami-Dade County Mayor Carlos A. Gimenez and six municipal mayors includes "BIKE305 Month" in March and the annual "BIKE305 Bike to Work Day." Both initiatives highlight a program that encourages residents to leave their cars in park and get out on two wheels.*

"Miami-Dade County has been AvMed's home for more than 45 years and we continue to invest in the health and well-being of our community," said AvMed Chief Marketing Officer James M. Repp. "This partnership is one more way we demonstrate our commitment to putting Member health and wellness at the center of everything we do."

"AvMed values the same health and wellness principles that we do in County Parks," said Jack Kardys, Director of Miami-Dade County Parks, Recreation & Open Spaces. "Together, we'll continue working toward a common goal of creating healthier, more vibrant communities."

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### **ABOUT AvMed**

In 1969, AvMed began in South Florida as *Aviation Medicine* to serve the growing airline industry with pilot physicals. Today, with offices in every major metropolitan area of the state, AvMed aims to inspire its membership of more than 315,000 Floridians to celebrate an active lifestyle and "Embrace better health®." One of Florida's oldest and largest not-for-profit health plans, AvMed provides Medicare Advantage coverage in Broward and Miami-Dade counties, Individual and Family coverage in the South Florida, Orlando and Gainesville Markets and coverage for Employer Groups in more than 30 counties across the state. Well-known employer clients have been partners for decades, a testament to AvMed's culture of service and satisfaction, which consistently ranks above statewide peers. For more information, visit [www.avmed.org](http://www.avmed.org).

### **ABOUT the Miami-Dade County Parks, Recreation and Open Spaces Department**

Nationally accredited, a three-time winner of the NRPA National Gold Medal Award, winner of the 2013 Florida Governor's Sustained Excellence Award and the 2009 Florida Governor's Sterling Award for excellence in management and operations, Miami-Dade County Parks is the third largest county park system in the United States, consisting of 260 parks and 12,825 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 Open; golf courses; beaches; marinas; campgrounds; pools; and more. For information about Miami-Dade County Parks call 3-1-1, or visit [www.miamidade.gov/parks/](http://www.miamidade.gov/parks/).

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