



NEWS RELEASE

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AvMED
HEALTH PLANS



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****PHOTO OPPORTUNITY****

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

(MIAMI, June 27, 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, there will be an opening ceremony on Wednesday, July 13, 9 a.m., at Westwind Lakes Park with Chairman Joe A. Martinez, Parks Director Jack Kardys, AvMed Health Plans President and COO Ed Hannum, and summer campers from Westwind Lakes and other participating parks. The event will start with a one-mile run on the field with the children and invited dignitaries, followed by a few words from each of the guests. Westwind Lakes Park is located at 6805 SW 152 Avenue in Miami.

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).

Developed by Fitness International in Gainesville, FL, the Morning Mile program provides participating schools or parks with a program guidebook and everything they need to bring the

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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

WHO: Miami-Dade County Chairman Joe A. Martinez, AvMed Health Plans President and COO Ed Hannum, Miami-Dade Parks Director Jack Kardys, and Miami-Dade Parks summer campers

WHAT: Morning Mile Program Opening Ceremony and Run

WHEN: Wednesday, July 13, 2011, 9 a.m.

WHERE: Westwind Lakes Park, 6805 SW 152 Avenue, 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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