



**FOR IMMEDIATE RELEASE**  
January 29, 2008

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## **Baptist Sports Medicine Launches Youth Fitness Program**

**Nashville, Tenn.** – Baptist Sports Medicine announced today the launch of a 12-week youth fitness program, *Commit To Get Fit™*. The program encourages a family approach incorporating fitness, nutrition and a positive mental focus in an effort to combat the alarming rise in youth obesity in the Nashville community.

The program is designed to challenge families to make a positive and permanent lifestyle change and includes:

- Pre and post-program fitness assessments
- Two on-site workouts per week for 12 weeks (24 classes total)
- Group exercise classes led by a certified instructor that feature 45 minutes of exercise and 10 minutes of discussion about fitness, nutrition and character building.
- *FUNDamental Fitness* -74-page book on how parents and kids can exercise focusing on the 5 movements of fitness.

“We want to make sure youth and families in the Nashville area are learning how to incorporate physical fitness and healthy choices into their lives,” said Trent Nessler, Managing Director of Baptist Sports Medicine. “Baptist Sports Medicine is excited to offer classes to help encourage these habits.”

Classes will be offered at Baptist Sports Medicine clinics in Nashville, Madison, Spring Hill and Brentwood, as well as other participating community fitness facilities for both youth-only and parent-youth programs. Students will workout on site twice per week Monday through Thursday, 3-4 p.m., 4-5 p.m., 5-6 p.m. or 7-8 p.m.

Enrollment for the youth-only program (ages 8-18 years) is \$189. The parent-youth program is \$299.

For more information about the program or to enroll your child or family, please call 284-GAME (4263) and select option #4.

### **About Baptist Sports Medicine**

Baptist Sports Medicine, a division of Saint Thomas Health Services, provides healthcare, sports medicine and outpatient rehabilitation services. With over 40 licensed therapists, we have the right specialist for you. Our clinics are conveniently located throughout Middle Tennessee and we offer *Sports/Orthopedic rehab, Neurological physical, occupational and speech therapy, Lymphedema, Vestibular rehab, Pediatrics, Women's Health, Worker's Comp/FCEs, pediatric physical, occupational and speech therapy, and speech/voice therapy.*

### **About Saint Thomas Health Services**

Saint Thomas Health Services is a faith-based ministry with more than 8,000 associates serving Middle Tennessee. Saint Thomas Health Services' regional health system consists of four hospitals – Baptist and Saint Thomas in Nashville, Middle Tennessee Medical Center in Murfreesboro and Hickman Community Hospital in Centerville – and a comprehensive network of affiliated joint ventures in diagnostics, cardiac services and ambulatory surgery as well as medical practices, the Center for Spinal Surgery, clinics and rehabilitation facilities. STHS is a member of Ascension Health, a Catholic organization that is the largest not-for-profit health system in the United States. For more information, visit [www.sths.com](http://www.sths.com).