



**For
Your
Information**

FAIRFAX COUNTY PUBLIC SCHOOLS

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FOR IMMEDIATE RELEASE

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Mount Vernon High, Whitman Middle Students Begin Health-Oriented iPATH Program

A new health-oriented program from Inova Health System, featuring fitness sessions and other health-related activities as well as team building and leadership development, was recently introduced to participating students from Mount Vernon High School and Whitman Middle School. Mount Vernon High and Whitman Middle are Fairfax County public schools.

The schools were chosen to partner in the development of the new program, which will provide information for students to develop healthier lifestyles and expose them to information about medical careers.

Under the guidance of former National Football League (NFL) player Cliff Russell and personal training company Russell Fitness, students at both schools are currently taking part in nutrition, fitness, team building, and leadership skills training weekly for 10 weeks. In the spring, activities will include:

- Distribution of the Family & Friends® CPR Anytime® kit that teaches the core skills of cardiopulmonary resuscitation (CPR) in 22 minutes in partnership with the American Heart Association.
- Introduction of empowerME4Life, an after school healthy living course, facilitated by teens, to help students aged 8 to 12 develop new attitudes, skills, and knowledge about eating better and moving more.
- An opportunity for students to witness open heart surgeries at Inova's Heart and Vascular Institute.
- Field trips to area restaurants and grocery stores, in conjunction with Inova nutritionists, to learn about food safety and preparation, meal planning, and the glycemic index of foods.

The goal of the iPATH program is to have the students involved in the introductory program become health ambassadors in their schools and communities and recruit other students to join a more comprehensive iPATH after-school club next year.