



FOR IMMEDIATE RELEASE:

November 15, 2019

Media Contact:

Anna Demeter

anna@sachsmedia.com

(772) 538-9336

Capital Health Plan is a Champion of Students' Health

Capital Health Plan's new program to improve all Leon County student's wellness

Tallahassee, FL- Capital Health Plan is launching a new program Capital Health Plan Champions, a free program geared towards encouraging students to adopt healthier lifestyles. Capital Health Plan is partnering with Leon County Schools, Titus Sports Academy, World Class Schools of Leon County, and the Greater Tallahassee Chamber of Commerce on this youth-targeted campaign for lifelong wellness.

Capital Health Plan contributes \$100,000 annually to the program and the other partners work to keep the Capital Health Plan Champions effective. Titus Sports Academy is providing the certification process for the program coaches. Once certified, the coaches then host trainings at all Leon County public schools which are made available before, during or after the school day. The 45-minute workouts focus on improving the students' gross motor skills, flexibility, posture, and overall cardiovascular health.

Not only is Capital Health Plan Champions improving the students' health, it is also improving their psychological health in and out of the classroom. For instance, improved self-esteem, concentration and alertness, higher energy levels and feelings of happiness are just some of the [benefits exercise helps children's development](#). Rocky Hanna, Leon County Schools' superintendent has also noticed a difference in students, stating "this program has had such an immense impact on the students in our schools. I've heard from administration across the county that students are excited to exercise and ready to engage."

Capital Health Plan Champions is a local success, improving the future of children and family wellness. "I am so grateful to Capital Health Plan Champions, my son Jake actually looks forward to the school day, and he brought home his first A. I am so proud of him, and grateful for this program," said Jane Smith, mother of Jake, a child in the program.

For more information about the Capital Health Plan Champions program, visit www.wcsleon.com.

About Capital Health Plan

At Capital Health Plan, we strive to help everyone in our community maintain an active, healthy lifestyle. That's why we support community events, programs for local schools, and much more.

[Capital Health Plan's](#) mission as a non-profit health maintenance organization is to provide its members with high-quality, affordable health care that: focuses on delivery of evidence-based medical care under the direction of primary care physicians in an effective, timely, and cost-effective manner; emphasizes low administrative costs and ethical business practices; and is proactive and innovative in its quest to continually improve the health of the community.