



Academy Prep Center of Tampa
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FOR IMMEDIATE RELEASE
May 9, 2012

Students to Showcase “FIT FAMILIES FOR LIFE” Skills at Academy Prep Center of Tampa

Ybor City, FL – The Academy Prep Centers for Education will wrap up its “Fit Families for Life” program on Tuesday, May 15th from 3:30-5:00 p.m. by showcasing what students have learned in the “Fit Families for Life” closing ceremony celebration. The event will be hosted on the V.M. Ybor campus at 1407 East Columbus Drive in Tampa.

The “Fit Families for Life” program is a health and wellness initiative designed to promote care for the whole child. The program allows fifth and sixth grade students to learn about meal planning and cooking as well as incorporating exercise into a regular routine. The program emphasizes helping families make positive changes for a healthier lifestyle. In addition to the cooking and meal planning classes offered on campus, students were attended field trips to Sweetbay Supermarket and the Y. Students also participated in the Lightning Bolt Run in February.

The closing ceremony celebration will feature student cooking and fitness demonstration classes that showcase the students’ skills, including boxing, street hockey, and Zumba dance. The event will also recognize the following partnering community sponsors: Blue Cross Blue Shield of Florida, Tampa Bay Lightning Foundation, Sweetbay Supermarkets, All Children’s Hospital, More Health, Tampa Y, Obesity Action Coalition and Allegany Franciscan Mission.

For more information on the Academy Prep Center of Tampa, please contact Maggie McCleland, Development Manager, at 813.248.5600 (ext 1138) or 813.486.8107 (cell) or mmccleland@academyprep.org. Media are invited to attend the Closing Ceremony celebration– which will last from 3:30-5:00 p.m. School officials, students, and corporate partners will be available for interviews. An invitation is also attached.

The Academy Prep Center of Tampa is a 501(c)(3) non-profit organization. It is an urban college preparatory middle school whose mission is to inspire and empower students qualifying for need-based scholarships to be future community leaders through a rigorous middle school program coupled with ongoing graduate support. Academy Prep’s main building is housed in the historic former V.M Ybor Grammar School building. This original structure was renovated, new buildings were added to the campus grounds, and Academy Prep officially opened in 2003. To learn more information, please visit: www.academyprep.org/tampa

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