



## Learn More

### What is the CHP Champions program?

CHP Champions is a student fitness program offered by the Leon County Schools system during the extended-day hours of school and is available to all 3rd-12th grade students, free of charge. CHP Champions aims to get students moving, experience the benefits of regular exercise, and develop healthy lifestyle habits. The goal of the program is to improve the health and fitness of our community's youth. The program began in Fall of 2006 with eight schools and added nine additional schools in the Spring of 2007. The program will continue to expand and reach all Leon County Schools within the next year and all public schools in Gadsden, Jefferson, and Wakulla counties within four years.

### Is it just a fitness program?

Not entirely. The Champions program is based on principles and techniques developed by Titus Sports Academy and designed to improve a student's gross motor skills, flexibility, posture, balance, and coordination using a long-term physical development approach to fitness. Students will be engaged in a fun, positive environment and as they become more confident with their physical skills they will become more likely to lead a healthy, active lifestyle.

### Who started this program?

Capital Health Plan initiated a community-wide campaign to promote regular physical activity and healthy lifestyle choices through the Champions program. This program is supported through a collaborative partnership involving Capital Health Plan, Titus Sports Academy, Leon County Schools, World Class Schools of Leon County, Inc., and the Greater Tallahassee Chamber of Commerce

### What is the purpose of the program?

The partners involved in this community-wide initiative aim to:

- Promote and encourage the establishment of a lifestyle of regular physical activity and healthy choices through engaging children in regular fitness experiences with positive role models; and
- Offer children the opportunity to experience a healthy life today and tomorrow

### How do I enroll my student?

Enrollment forms are available at your student's school with the CHP Champion School Coordinator. Please contact them for the program's schedule at the school. Visit [www.wcsleon.com](http://www.wcsleon.com) for additional information and forms.