

RAVENS IN OUR COMMUNITY

LIVE POSITIVELY: GET THE BALL ROLLING EVENT

The Baltimore Ravens and Coca-Cola partnered once again to promote active, healthy living among youth in the Baltimore area. The Live Positively: Get the Ball Rolling Fit Clinic was held on Tuesday (10/9) at M&T Bank Stadium.

Ravens president **Dick Cass** addressed the participants and highlighted the efforts of both organizations to encourage physical activity and nutrition education. Following the presentation, **TEs Ed Dickson** and **Dennis Pitta** led fitness drills for the children that amplified the important messages of eating right, being active and leading a balanced healthy lifestyle.



NFL PLAY 60



The Baltimore Ravens took part in their third and final *PLAY 60* School assembly on Tuesday (10/9) at Windsor Mill Middle School. The assembly served as a kickoff to the school's NFL's *PLAY 60* program that is designed to encourage kids to be active for at least 60 minutes a day in order to help reverse the trend of childhood obesity.

LB Brendon Ayanbadejo joined Poe and Ravens cheerleaders in challenging local students to be physically active for at least an hour every day through the incentive-based system. In-classroom tracking materials and individual student guides were distributed for students to record their physical activity during the four-week program. Prizes awarded in the program include water bottles, foam footballs, basketball hoops and yoga mats, and one student from the program will be invited to the Ravens-Steelers game (12/2) to take part in a pre-game recognition ceremony. In addition, top performers from participating schools will attend a prize luncheon in the spring of 2013.



LB Brendon Ayanbadejo

