

JOETTA CLARK DIGGS HEAD TO TOE FITNESS™ PROGRAM SESSION SET FOR TUESDAY, APRIL 30th IN PLAINFIELD, NJ

Four-time USA Olympian and New Jersey native Joetta Clark Diggs to be joined by Plainfield, NJ Mayor Sharon Robinson-Briggs and students for the eighth annual Head To Toe Fitness™ Program Sponsored by UnitedHealthcare®

April 2013 – The Joetta Clark Diggs Head To Toe Fitness™ program will hold a session for students to participate on Tuesday, April 30th at 10:20 a.m. at the Washington Community School in Plainfield, NJ. Sharon Robinson-Briggs, Mayor of Plainfield, NJ, is also set to attend the session. The Head To Toe Fitness™ program will be one of 12 free and productive fitness sessions provided to students in New Jersey. The program is presented by UnitedHealthcare®.

The Head To Toe Fitness™ program, the popular youth fitness series developed by Joetta Clark Diggs and the Joetta Clark Diggs Sports Foundation, Inc., focuses on physical activities, agility, coordination, nutrition and goal setting to encourage youth to create their own daily fitness routines.

Clark Diggs is an avid proponent of youth educational programs and is also the Executive Director of the Joetta Clark Diggs Sports Foundation, Inc., a community-based non-profit 501c3 organization committed to teaching good health and positive work ethic associated with the participation in sports to girls and boys (ages K-12).

“By partnering with UnitedHealthcare®, we are in the position to send a message that there are healthy alternatives to achieve a fit body, starting with your youth and extending to the families and communities,” stated Joetta Clark Diggs.

UnitedHealthcare® is an operating division of UnitedHealth Group, the largest single health carrier in the United States. Recognized as a leader in the health and well-being industry, UnitedHealthcare® and their family of companies strive to deliver effective, innovative products and services at affordable prices. For more information about UnitedHealthcare®, please visit www.uhc.com.

For more information on the Joetta Clark Diggs Foundation, Inc., speaking engagements, events and programs, please visit www.joettasportsandbeyond.com.

WHO : Joetta Clark Diggs, Mayor Sharon Robinson-Briggs & students from Washington Community School

WHAT: Joetta Clark Diggs Head To Toe Fitness™ Program

WHERE: Washington Community School - 427 Darrow Avenue, Plainfield, NJ

WHEN: Tuesday, April 30th – 10:20 a.m.

For media inquiries, please contact: Sammy Steinlight, sammy@steinlightmedia.com, 917.750.8747

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