



For Immediate Release:

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Special Olympics Pennsylvania To Host WeTrain Session for Philly Basketball Athletes To Demonstrate Daily Health & Fitness Techniques

(Philadelphia, PA, March 1, 2016) – Special Olympics Pennsylvania's Philadelphia Program (SOPA Philly) will welcome WeTrain to its basketball practice on Wednesday, March 9, 2016 from 6:15pm – 7:15pm at Northeast High School, located at 1601 Cottman Avenue in Philadelphia. WeTrain, a Veteran-owned startup that makes personal training affordable and accessible, will facilitate a personal training boot camp for SOPA Philly athletes concentrating on aerobic workouts, stretching and yoga. In addition to offering their professional training services, WeTrain will conclude the session with a talk about the importance of continuing overall health and physical fitness outside of Special Olympics sports training and competition.

Special Olympics helps to address major challenges facing its athletes like obesity. Obesity is more common among individuals with Intellectual Disabilities (ID) than in the general population. Therefore, in response to this health challenge, Special Olympics provides free athletic training and competition year-round in Olympic-type sports for persons with ID. With sports at the core, Special Olympics directly addresses the problem of obesity by promoting healthy, active lifestyles. Additionally, by partnering with companies like WeTrain, SOPA Philly offers its athletes exposure to physical fitness and health education options that they can engage in outside of their Special Olympics training.

WeTrain is a new company that provides personal training on demand, and will offer its services on March 9th to demonstrate that their trainers are able to give a full workout anywhere and adapt to meet their client's needs. WeTrain will take their most popular workout categories and turn them into stations for our specific population including modified "Sports Endurance," featuring interval training, and two modified "Mobi-Fit" stations similar to a high intensity yoga style workout. Each station will be lead by two certified WeTrain trainers.

For more information, please contact Kristin Craven, Special Events and Marketing Manger at 610-630-9450 x252, or email at kcraven@specialolympicspa.org.

About Special Olympics Pennsylvania

Special Olympics Pennsylvania provides year-round training and competition in 21 Olympic-type sports to nearly 20,000 children and adults with intellectual disabilities or closely related developmental disabilities. For more information about how SOPA inspires greatness, visit our Web site at www.specialolympicspa.org.

About WeTrain

WeTrain is a proud Philadelphia-based and Veteran-owned startup that makes personal training affordable and accessible. Using our mobile application, members can request an in-person visit from a top-tier, certified personal trainer. Our trainers come to you whenever, wherever for only \$17/half hour or \$25/full hour. Members can even split that cost with up to one friend! WeTrain makes it easy and affordable for EVERY person to reach their fitness goals!" Visit <http://www.wetrain.fitness/> to learn more.

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