



## **Elevance Health Teams Up with Impact Fitness Foundation to Support Victory College Prep**

*Indianapolis public school network received first ever fitness space, strength training clinics, and curriculum*

**INDIANAPOLIS (Sept. 15, 2023)** – As part of their ongoing commitment to equity and providing support for women and women’s health, Elevance Health has partnered with national nonprofit Impact Fitness Foundation to create a fitness and movement space for K-12 public school network Victory College Prep (VCP), in celebration of the *Elevance Health Women’s Fort Myers Tipoff*, a pre-season women’s collegiate basketball tournament.

At Elevance Health, the strategy to become a lifetime trusted health partner is fueled by their purpose to improve the health of humanity, and making an impact in schools advances their commitment to address equity and social justice. More than 30% of all girls currently enrolled in seventh through twelfth grade at Victory College Prep are student-athletes, but with the addition of three new girls’ sports teams, their first full-time athletics director, and their first-ever weight room, their goal is to increase that number to 45% over the next two years.

“I’m proud to lead our Firehawks Athletics program and be a role model for our hundreds of student-athletes,” said Lindsay Nelson, Athletics Director at Victory College Prep. “I couldn’t have dreamed in my first year leading our sports teams that these incredible, generous partners at Elevance Health and Impact Fitness Foundation would join us in community and collaboration to create a new, custom-designed fitness space that will help our deserving students build new skills and confidence that will serve them in the classroom, on the field, and at home.”

The completely renovated fitness space includes new flooring, weight equipment, resistance tools, and a fresh coat of paint that reflects the school colors, mascot, and motto.

“It’s not news that regular physical activity helps kids improve their fitness levels and is a necessary part of reducing anxiety and depression” said Chris Welsh, Founder and President of Impact Fitness Foundation. “Schools are in a unique position to support their students in this way, yet the importance fitness and movement spaces with a formal curriculum are rarely part of the conversation. We are thrilled to partner with a company like Elevance Health that believes in whole health and is invested in supporting schools that don’t have the resources they need.”

Following the unveiling of the space, students and coaches took part in a training clinic with athletic trainers from IFF to help orient them to their new facility.

“As an organization that’s working toward improving health outcomes and health equity, we are committed to partnering with those at the community level to help us address the most significant drivers of health,” said Bill Beck, Chief Marketing Officer at Elevance Health. “80% of health is driven by what happens outside the doctor’s office, and by providing a fitness space, students will have increased access to resources needed to optimize their physical and mental health.”

###

**About Elevance Health, Inc.**



Elevance Health is a lifetime, trusted health partner fueled by its purpose to improve the health of humanity. The company supports consumers, families, and communities across the entire care journey – connecting them to the care, support, and resources they need to lead healthier lives. Elevance Health’s companies serve more than 119 million people through a diverse portfolio of industry-leading medical, digital, pharmacy, behavioral, clinical, and complex care solutions. For more information, please visit [www.elevancehealth.com](http://www.elevancehealth.com) or follow us @ElevanceHealth on Twitter and Elevance Health on LinkedIn.

#### **About the Impact Fitness Foundation**

The Impact Fitness Foundation is a national nonprofit with a mission to provide fitness spaces, movement spaces, instruction and education resources to communities that need it most. We believe that we all deserve the same opportunities as we strive for a healthy mind, body and spirit. We transform unused or unsafe areas of a building into Motivational Fitness, Movement and Mindfulness spaces, designed to promote healthy habits and inspire people of all ages to MOVE FORWARD. To learn more about IFF, visit [www.impactfitnessfoundation.com](http://www.impactfitnessfoundation.com) and follow us on Instagram.

#### **About Victory College Prep**

VCP is a K-12 public school network in southeast Indianapolis that empowers approximately 1,050 students, the majority from historically marginalized communities, with the academic and social-emotional skills to thrive in college or a career. Families can learn more and enroll students at [www.victorycollegeprep.org](http://www.victorycollegeprep.org).