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**FOR IMMEDIATE RELEASE**

# **Chairman of the Joint Chiefs of Staff U.S. Navy Admiral Mullen Visits with Physically Challenged Soldiers and Veterans at Asphalt Green**

## **Sports and Fitness Center Planning to Launch Programs for Physically Challenged Athletes**

**NEW YORK, April 2, 2009** – U.S. Navy Admiral Mike Mullen, chairman of the Joint Chiefs of Staff, met with physically challenged soldiers and veterans – many from the Wounded Warrior Project – at Asphalt Green today to discuss the role of sports in physical rehabilitation. A not-for-profit committed to providing sports and fitness options for people of all abilities, Asphalt Green is developing specialized programming for physically challenged soldiers and veterans as well as other physically challenged adults and children.

All of the world-class facilities at Asphalt Green are wheelchair accessible, including its bi-level fitness center with TechnoGym exercise equipment as well as a variety of free weights. Asphalt Green's 50-meter Olympic standard pool is equipped with hydraulic lifts and accommodates a number of physically challenged members. The organization's 5½-acre campus on Manhattan's Upper East Side also has a warm-water teaching/exercise pool with a moveable bottom for medical hydrotherapy and other forms of exercise uniquely suited to the physically challenged.

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“We are extremely proud of the men and women who have served our country. It was a tremendous honor to have them here, along with Admiral Mullen, to discuss how organizations like ours can assist in their rehabilitation,” said Carol Tweedy, Executive Director of Asphalt Green. “This work reflects our mission of assisting individuals of all abilities to achieve health through a lifetime of sports and fitness.”

These programs will be designed for children with physical challenges as well as adults with new physical challenges, such as soldiers and veterans. Adults with long-term physical challenges tend to have other issues – such as muscle atrophy – that make it more difficult to engage in sports and fitness activities.

In addition to developing programs for these unique athletes, Asphalt Green provides a variety of free programming for those who most need access to sports and fitness opportunities and education – both on and off campus. These programs support senior citizens as well as children at risk for obesity and related chronic diseases and involve partnerships with schools, community-based organizations, and public agencies.

“We provide expertise and training for our partners as well as design and implement these sports and fitness programs for vulnerable populations,” added Tweedy. “We believe that our successful school and other community-based efforts to provide informed fitness training will have a positive and lasting impact on the economic and physical health of these communities.”

### **Asphalt Green**

Founded in 1975, Asphalt Green is a not-for-profit organization dedicated to assisting individuals of all ages and backgrounds achieve health through a lifetime of sports and fitness. As New York City’s premier athletic complex, it is acknowledged for its unparalleled sports and fitness programs for all ages and athletic levels and a valuable resource to the surrounding communities. For more information on Asphalt Green and its programs, visit [www.asphaltgreen.org](http://www.asphaltgreen.org).