



## BUILDING HEALTHY COMMUNITIES



## Good Vibrations at the Indiana School for the Deaf

You don't have to know sign language to understand what the Team8 Tour means to students at the Indiana School for the Deaf in Indianapolis. Rather, their excitement for the Team8 Tour mission was easy to see in their enthusiastic eyes and spirited smiles. It was an excitement that quickly spread to staff, volunteers and anyone else within earshot of this mostly silent campus.

For Stop #7, Team8 Tour volunteers worked on a variety of projects throughout the Indiana School for the Deaf, which is a fully accredited school for nearly 350 Deaf and hard-of-hearing pre-k through 12th grade students. With many of the students living on campus throughout the academic year — and almost all qualifying for free and reduced meals — kids at the Indiana School for the Deaf were in need of more fitness opportunities and healthy food options.

To help fill that need, the Cal Ripken, Sr. Foundation and volunteers from UnitedHealthcare's "Do Good. Live Well" initiative furnished a new fitness space for the school, updated their existing weight room, remodeled the dorm kitchen, and built out a new food pantry stocked with nutritious food.

By bringing these upgrades to several spaces across the school's campus, Team8 Tour volunteers worked to broaden nutrition and fitness opportunities for these students. Together, their efforts promise to open a whole new world of wellness education that is already inspiring good vibrations that will be felt across the campus for quite some time.



### A True Team8 Tour Effort

Generous donations from Plae, BSN, TRX and Under Armour were crucial to the Team8 Tour effort in Indianapolis. The completed fitness and nutrition spaces were finalized with help from Team Depot and Martinsville High School volunteers, as well as more than 40 volunteers from UnitedHealthcare's "Do Good. Live Well." initiative.

**Those volunteers were also healthy role models, getting active and helping to better their community:**

**Total Steps Taken:**

**127,768**

**Total Volunteer Hours:**

**276**

**Total People Impacted:**

**395**