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Children's HealthSM Engages EXOS to Create Youth Sports Performance Program to Support and Care for the Whole Athlete

New program adds performance training, education and sports nutrition services to Children's Health Andrews Institute in Plano

DALLAS (July 26, 2016) – [Children's HealthSM](#), the leading pediatric health care system in North Texas, has engaged EXOS, an elite human performance organization, to add youth performance and endurance training, as well as sports nutrition programs and services, to the Children's Health Andrews Institute in Plano.

The new Children's Health Andrews Institute Sports Performance powered by EXOS adds one more way the system is bringing care beyond the hospital walls and into the communities where children and families live, work and play—providing performance assessments, custom training plans, sports nutrition and recovery strategies for sports teams, groups and individual athletes. As part of the new program, a team of EXOS performance specialists and dietitians will guide sports training and nutrition for North Texas youth, high school and college athletes ages 7 to 22, complementing the expert orthopedic and sports injury medical care provided by Children's Health Andrews Institute physicians.

"We are thrilled to be working with EXOS to amplify our sports injury prevention and performance services, meeting families where they are and allowing us to care for more young athletes than ever before," said Chad Gilliland, senior director of the Children's Health Andrews Institute for Orthopaedics & Sports Medicine. "Our focus has always been on keeping youth athletes on the playing field and out of the operating room. By adding EXOS' performance training expertise, we can focus on not only treating injuries but preventing them from happening in the first place—supporting the whole athlete and helping them raise their game in the healthiest way."

EXOS has worked with a number of local and national elite sports stars, including the Dallas Cowboys' Sean Lee, Byron Jones, Maliek Collins, Jack Crawford, Tyron Smith, Charles Tapper, J.J. Wilcox and Terrance Williams, as well as Baylor University's Robert Griffin III and Kendall Wright, and Texas Christian University's Josh Doctson, Jason Verrett and Aaron Green.

"We're very excited to bring our proven performance system to the Children's Health Andrews Institute," said Mark Verstegen, founder and president of EXOS. "The North Texas community is home to many great youth, high school, college and professional athletes. Our goal is to provide performance game plans to elevate young athletes to achieve higher levels of success with the Children's Health Andrews Institute Sports Performance powered by EXOS."

Modeled on EXOS' four pillars of Mindset, Nutrition, Movement and Recovery, Children's Health Andrews Institute Sports Performance includes:

- individual and group youth athletic training
- injury recovery bridge program
- educational programs focused on sports performance, nutrition, safety and recovery

Programs are customizable to individuals, schools or sports teams to complement training goals of the coaches. Education will emphasize a collaborative approach to working with parents, athletes and coaches to improve knowledge of how to train for injury prevention and increased performance at youth levels.

For more information on services offered through the Children's Health Andrews Institute, please visit www.childrens.com/andrews.

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About Children's HealthSM

Children's HealthSM is the eighth-largest pediatric health care provider in the nation and the leading pediatric health care system in North Texas, providing a full spectrum of health care services—from daily wellness and primary care to specialty visits and critical care. Holding eight disease-specific care certifications from The Joint Commission, Children's Health has been consistently named one of the nation's top pediatric providers by *U.S. News & World Report*. The Children's Health system includes the flagship hospital Children's Medical Center Dallas, as well as Children's Medical Center Plano, eight specialty centers, 20 Children's Health Pediatric Group primary care practices, nine Our Children's House rehabilitation facilities, home health, physician services and the Children's Medical Center Research Institute at UT Southwestern. For more information, please visit www.childrens.com.

About EXOS

EXOS is pioneering human performance. Founded in 1999 to maximize the potential of athletes, EXOS (formerly named Athletes' Performance) has grown to become a leader in health and performance, trusted by elite athletes, the military and innovative companies worldwide. EXOS designs and delivers proactive health and performance game plans that guide people to higher levels of success. With world-class partners, facilities, technologies, and specialists spanning six continents, EXOS is progressing the intelligence behind human performance wherever necessary. To learn more, visit www.TeamEXOS.com.