

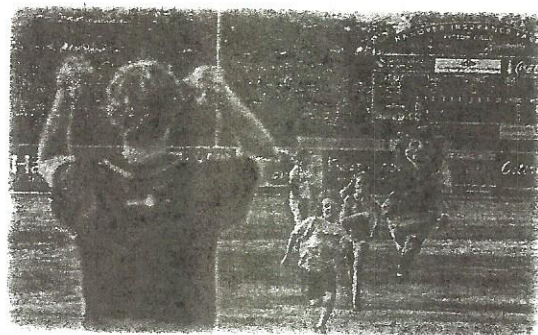


# BRAVEHEARTS BENEFITS!



*By committing to Be Bravehearts Healthy, you are eligible for all of these fun opportunities to see the Bravehearts play baseball!*

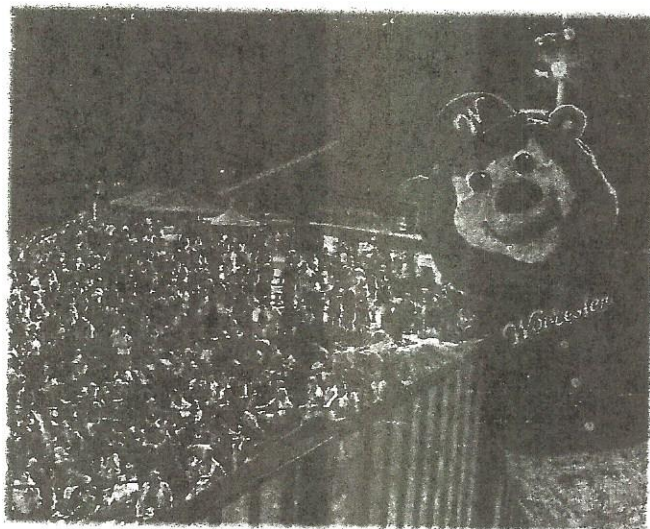
**“Game Experience”** - Be entered to win 4 tickets to any Worcester Bravehearts home game and your choice of in-game contest (base race with our mascot Jake the Lion or a “Kid Call,” announcing our lineup for an inning during the game). Contests are subject to availability.



**10% discount on our baseball camps** - Camps are run by our players and coaches during two separate weeks in July. We teach the fundamentals of baseball and play a game at the end of each week at Fitton Field, home of the Bravehearts! Each camper receives a hat, t-shirt, and two tickets to a Bravehearts game. Mention Saint Vincent Hospital when you register to receive this discount.

**\$5 ticket deal for the month of June** - Enter the code “Heart” in your online order for \$5 tickets to any game in the month of June!

**Picnic Outings** - Check out our picnic tent in left field, get autographs from our players, and be recognized over our PA system! Groups of 20 or more get our “VIP” treatment with an all-you-can-eat picnic buffet!







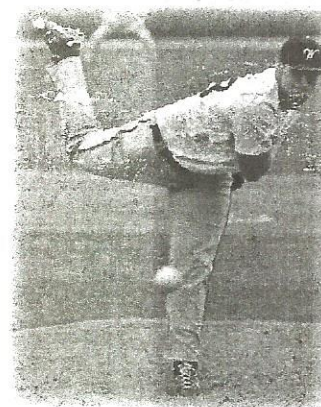
# BE BRAVEHEART HEALTHY!



*When it comes to taking care of your heart, take a look at how some players from the Worcester Bravehearts baseball team do it!*

"I like anything outdoors that includes moving around, and that's why I stretch and stay active at least 6 days a week. Some days you may find me at the gym lifting weights and working on my strength while other days you'll see me working on my cardiovascular activity. That's a big fancy word for "heart." I enjoy running, biking, and jumping rope when it comes to being Heart Healthy. I also try to eat a healthy diet that usually includes 4 average-sized meals a day. In each meal, I try to include a protein with a variety of fruits or vegetables. Most importantly, I have fun because I feel better about myself and feel like I accomplished something."

**-Charlie Butler, Pitcher**



"Every day I stay active and exercise by going to the gym and playing baseball. But you can do it however you want! You can stay active by playing basketball, soccer, football, or even riding a bicycle with your friends. Also, I try to make sure that I eat healthy and drink a lot of water so I can stay hydrated, get all of my nutrients, and have plenty of energy for the day. Last but not least, I always make sure I get enough sleep, because if you don't get enough sleep, the next day your performance will be lacking. You never know what obstacles you're going to face during a day, so it's important to be ahead of the game by exercising, eating healthy, and getting enough sleep."

**-T.J. Riccio, Catcher**

"Staying in shape is a lifestyle, not only because it is enjoyable but also because it helps you stay physically fit. You don't have to spend 2, 3 or even 4 hours every day trying to stay in shape. Instead, set aside 60 minutes a day to do something that you enjoy that involves running, lifting weights, swimming, or playing sports with your friends and family. As a college athlete and Worcester Bravehearts player myself, I spend several hours in the gym and get at least 8 hours of sleep each night to stay in the best possible shape. If I stick with it, I know it can only better me as an individual and athlete now and for the future. It only takes 60 minutes a day, determination, and motivation to achieve some desirable results."

**-Logan Fullmer, Pitcher**

