



National Association for Health and Fitness

The Network of State and Governor's Councils

www.physicalfitness.org

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Mission:

To improve the quality of life for individuals in the United States through the promotion of physical activity, sports and healthy lifestyles, and by supporting Governor's and State Councils on physical fitness and sports in every state and U.S. territory.

For Immediate Release
March 31, 2009 (2 pages)

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National Association for Health and Fitness announces 2009 Gold Star Awards Honorees

Buffalo, NY. The 32nd Annual Meeting of the National Association for Health and Fitness (the Network of State and Governor's Councils) was highlighted by the announcement and presentation of the Association's 2009 Gold Star Awards.

Presented annually since 1998, the Gold Star Awards honor individuals and organizations that have demonstrated exceptional leadership in the promotion and improvement of physical activity and sports for citizens of all ages in America.

The 2009 Gold Star Honorees are:

- ❖ National Association for Health and Fitness **Member of the Year, Stacy Fowler, MS, C.P.T.** Colorado. As President of the Colorado Governor's Council. Stacy's passion and dedication to her family, friends and the people she serves, are both inspirational and authentic. From working with people one-on-one, to using media to spread her message of hope and possibility, Stacy has motivated thousands of people to be physically active or achieve their goals in sports. For more information, visit www.shapeupchallenge.org.
- ❖ National Association for Health and Fitness **Council of the Year, California Governor's Council on Physical Fitness and Sports.** With leadership from Gov. Schwarzenegger and Council Chair Mr. Jake Steinfeld, the Council has inspired over 500,000 Californians to accept the Governor's fitness challenge. Over three thousand doctors have been encouraged to prescribe physical activity to their patients. The Council annually shines a spotlight on unsung heroes who promote healthful lifestyles. For more information visit www.calgovcouncil.org
- ❖ **Glenn Swengros Award, Mr. Bert Knitter**, Virginia. Presented in honor of the late Glenn Swengros, an outstanding staff member of the President's Council. The 2009 Award is presented to Mr. Bert Knitter, who has a lifetime record of achievement and commitment to people's well being through the development of physical fitness programs. For over 30 years, across a broad spectrum of populations including law

enforcement, government agencies, manufacturing companies and the military, Mr. Knitter has provided leadership in promoting active lifestyles. Bert also developed the U.S. Customs Service Health and Fitness program, implemented nationwide and is distinguished for involving the highest ratio of employees in the U.U. National Fitness Test. He has received many awards and recognition for his contributions to wellness from such organizations as the President's Council on Physical Fitness and Sports, the Department of Justice and the Texas Department of Health, and he received an army commendation for distinguished service in the promotion of physical fitness among members of the joint military services.

❖ **National Association for Health and Fitness National Exemplary Health and Fitness Leadership Award, HOPSports.** The HOPSports training system delivers 21st century physical education to millions of kids across the nation through its unique multi-media technology driven, standards-compliant physical education system that merges media with technology. HOPSports leadership has over twenty years experience in training elementary, middle and high school students, professional athletes, Olympians and Hollywood celebrities with its cutting-edge training concepts.

- Youth were 55% more active during HOPSports classes versus traditional physical education classes.
- Overweight and obese students were 23% more active during classes with HOPSports than healthy-weight students were during traditional physical education.
- All HOPSports lessons exceeded the gold standard for moderate to vigorous physical activity (MVPA) by up to 29% - in some cases nearly doubling minimum standards set by NASPE.
- An econometric analysis revealed that an average community could expect to see a return on investment of 38%. That is, for every dollar spent on HOPSports, we can expect at least a \$1.38 saving in health care costs related to obesity, inactivity and type 2 diabetes.

For more information, visit www.HOPSports.com.

The National Association for Health and Fitness Board of Directors President Michael Feulner (Vermont) commented, "These Gold Star Award winners demonstrate exceptional contributions to the promotion and improvement of physical activity and wellness in children and adults nationwide. It is through grassroots efforts and creative leaders like these that communities are successfully addressing the challenges of physical inactivity and poor nutrition."

For more information on the 2009 NAH&F Gold Star Awards or to arrange interviews, please email Mr. Philip Haberstro (wellness@city-buffalo.org) or visit www.physicalactivity.org, and click on the Gold Star Awards icon on the NAH&F homepage.

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