



National Association for Health and Fitness

www.physicalfitness.org

The Network of Governors' Councils and State Coalitions

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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.

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National Association for Health and Fitness announces 2010 Gold Star Awards Honorees

Buffalo, NY. The 33rd Annual Meeting of the *National Association for Health and Fitness* (The Network of Governors' Councils and State Coalitions) will be highlighted by the announcement and presentation of the Association's 2010 Gold Star Awards in Austin Texas April 6, 2010.

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 2010 NAHF Gold Star Honorees are:

- ❖ *National Association for Health and Fitness* **Member of the Year, Diane H. Hart, Owner of Hart to Heart Fitness**, is a Nationally Certified Fitness Professional, Health Educator, Health Specialist for Blue Shield, Eastern Regional Director of National Association for Health and Fitness and Franchise Owner of Jacki's Aerobic Fitness Programs. She has designed and implemented group fitness and corporate wellness programs in the Capital District of Upstate New York for over 25 years. Diane has been a consultant since 2000 to the New York State Department of Health and has facilitated the implementation of "Move for Life" at over 150 corporations, universities and colleges. As consultant to Capital District Physicians' Health Plan she became the architect of the Managed Care Plan joint workplace wellness project which resulted in over 17,000 individuals in eight health plans across New York State participating in "Move for Life." From 2005-2009 Diane was the Director of Fitness for the Ciccotti Family Recreation Center, a state-of-the-art 79,000 sq. ft. multi purpose fitness facility. In 2009 Diane became a wellness consultant to the City of Albany, New York and is working with the Mayor and the Superintendent of Schools to implement a childhood obesity initiative. Diane has presented at the American Public Health Association Annual Conference and also keynoted at the St. Peter's Hospital Conference Series, "Women's Health in the New Millennium", Cornell University's National Nutrition Concerns Conference and Albany Medical Center Hospital Annual Conference on Diabetes, among others. Her honors have included the Silver Eagle National Leadership Award from Be Active America, and the American Heart Association Whittingham Award. She has been married to Daniel for 39 years and has a daughter, Stacey who resides in Boston.
- ❖ *National Association for Health and Fitness* **Council of the Year, New Jersey Council on Physical Fitness and Sports**. The NJCPFS was established in 1999 by a New Jersey State Resolution. Like most state Councils, New Jersey's has had no funding, but has nevertheless proudly coordinated many fitness initiatives, including workshops, legislators' fitness days, a National Fitness Conference and a variety of other programs. The highlight of the NJCPFS's accomplishments, however, was the publication of a

Council's past Chairman, Ben Schaffer, and is a goldmine of fitness tips and information written by the Council's members and affiliates (www.state.nj.us/health/fhs/njcpfs/getfit.shtml). Another publication created by the New Jersey Council was *Let's Get Fit*, produced for youth fitness programming. This CD was sent to all New Jersey schools and was an excellent fitness model for youth to follow. The main effort of the Council in the past four years has been their annual NJCPFD Community Health and Fitness Leaders' Academy, where all state communities are invited to a one day conference and given an opportunity to apply for \$2,000 community start up grants.

- ❖ *National Association for Health and Fitness* **National Exemplary Health and Fitness Leadership Award, Brenda Loube**. Brenda Loube's passion and devotion to the betterment of people is a treasure to the many employees and employers that she has served. In and out of her company, Brenda emulates the benefits of having and sustaining a healthy lifestyle. Her "lead by action" approach is successful and provides an example for others to follow. She has been a leading advocate in the field of health and fitness for more than 35 years. She co-founded Corporate Fitness Works which focuses on the development and management of on-site corporate fitness centers. As Chairperson for the Maryland State Advisory Council on Physical Fitness, she leads a team of multidisciplinary professionals who are dedicated to the council mission to educate, advise and encourage the citizens of Maryland to gain health benefits and enhance the quality of their lives through regular physical activity. She was instrumental in the development of the Maryland Fitness Council Physical Activity Excellence Awards. These awards are presented to individuals, and organizations that have contributed to the improvement and promotion of physical activity and wellness of children, youth and adults in the state of Maryland. And she has extended her leadership as a board member for the International Association for Worksite Health Promotion, the International Association for Active Aging, National Association for Health and Fitness and the Chairperson of the American Breast Cancer Foundation. In short, Brenda has been an ambassador to our field through her inspirational and innovative leadership. Brenda's life is her profession. Her ongoing goal is to help as many people as she possibly can to reach their health potential by living a healthy and active life.
- ❖ *National Association for Health and Fitness* **Glenn Swengros Award, Senator Richard Lugar**. This award is given in honor of the late Glenn Swengros, who, as a founding member of NAHF and Director of Program Development for the President's Council on Physical Fitness & Sports, set high standards for leadership in the field of health and fitness. Throughout his distinguished career as a public servant, Senator Richard Lugar has supported initiatives that increase the health and wellbeing of others. He has advanced policies that encourage physical activity, wellness, health promotion, science and research and proper nutrition so as to help all Americans develop healthy habits for life. A personal believer in physical fitness, he has a long track record of advocating physical fitness and supporting prevention. An avid runner, he has hosted the Dick Lugar Health Fair and Fitness Festival every year since 1979. This family-oriented event held in Indianapolis, brings participants together with nearly 60 health care and fitness representatives. Activities include running and walking races on the Butler University campus. Senator Lugar has also served as a co-chair of the Advisory Committee for the annual Capitol Challenge Road Race among members of Congress, associated Federal Agencies and their staffs as well as members of the media. The race benefits the Washington, D.C. Special Olympics and Senator Lugar is the only Member of Congress to finish this race each of the past 28 years it has been held. Senator Lugar is currently the most senior Republican in the U.S. Senate serving his sixth term from the state of Indiana.

- ❖ *National Association of Health and Fitness* **Spirit Award, The ACTIVE Life Movement**, which is an Austin, Texas based 501(c)(3) non-profit organization focused on leading a first-of-its kind, national health movement. Active Life Movement's goal is to establish an ACTIVE American culture - a culture where healthy lifestyles are supported, embraced and easily accessible by all. They're accomplishing this by building a growing community of change agents, and connecting them with the resources and opportunities necessary to create and advocate for ACTIVE change. **Baker Harrell, Founder & CEO** of Active Life Movement, serves as Chief ACTIVEist for the ACTIVE Life Movement. He is responsible for guiding the vision and mission of the organization and considers himself very fortunate to work with and learn from such an incredible group of people each day. Baker founded the ACTIVE Life Movement based on his belief in the transformative power of a life lived fully and in people's capacity for pro-social change. Active Life Movement's Board Chairman is Lou Earle, Publisher and CEO of *Austin Fit* Magazine. Active Life Movement's website is: <http://www.activelifemovement.org/>.

The *National Association for Health and Fitness* Gold Star Event Coordinator and Advisory Board Member, Coach Stacy Fowler commented, "We applaud the leadership exemplified by these champions of health and fitness, and the impact that they're making in their fields."

For more information on the 2010 NAHF 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 NAHF homepage.

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