



## National Association for Health and Fitness

The Network of State and Governor's Councils

[www.physicalfitness.org](http://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

PRESS RELEASE

March, 2010

### NATIONAL ASSOCIATION FOR HEALTH AND FITNESS (NAH&F)

*"The Network of State and Governor's Councils"*

**ANNUAL MEETING, APRIL 6 & 7, DOWNTOWN HILTON, AUSTIN, TEXAS**

Buffalo, NY: Based on the "Survivor" theme, the non-profit National Association for Health & Fitness announces its' 32<sup>nd</sup> Annual Meeting entitled **"Advocate! Educate! Thrive! Strategies for Survival"** This year's Annual Meeting will focus on work being done to impact physical activity in the States and at the grass roots level. The meeting is being conducted in partnership with the American College of Sports Medicine, and precedes the ACSM "Health and Fitness Summit". The Annual Meeting will be opened with welcoming remarks from Susan Combs, State of Texas Comptroller.

Featured speakers include Robert Sallis, MD (Exercise is Medicine), Eduardo Sanchez, MD, Dr. Richard Keelor on advocacy training, Cindy Sisson, President of HOPSports, on fundraising in tough economic times, and Shellie Pfohl, newly appointed Executive Director of The President's Council on Physical Fitness and Sports. There will be a general session on "best practices" in the States and reports from the societal sectors that collaborated in framing the first ever National Physical Activity Plan. A highlight of this year's meeting will be an in-depth look at the City of Austin's work to encourage physical activity. **"This is a tremendous value-packed opportunity for health and fitness professionals to attend outstanding back-to-back professional meetings at the same location", stated Diane H. Hart, Eastern Regional Director, NAH&F. (aerobic2@aol.com)**

Mike Feulner, NAHF Board Chair noted, "With the release of the National Physical Activity Plan in early May, health and fitness professionals have an extraordinary opportunity to advance the quality of life of Americans on a larger scale than ever before". NAH&F's Annual Meeting will share the vision of the National Physical Activity Plan while offering attendees opportunities to earn valuable ACSM Continuing Education Credits (CEC's) and network with other States. Those attending the two day meeting will also enjoy the NAH&F Gold Star Awards reception honoring Senator Richard Lugar, the New Jersey State Council, Diane H. Hart of New York State and Brenda Loube of Maryland, President of Corporate Fitness Works, for their contributions to the improvement and promotion of physical activity and wellness. Come, learn and share!

**National sponsors for the Annual Meeting include HOPSports, of Valencia, California , [www.hopsports.com](http://www.hopsports.com), and ACTIVE Life Movement, of Austin, Texas, [www.activelifemovement.org](http://www.activelifemovement.org).**

For additional information or to register, visit the National Association for Health and Fitness website at [www.physicalfitness.org](http://www.physicalfitness.org).

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448 Words

**CELEBRATE  
NATIONAL EMPLOYEE  
HEALTH & FITNESS DAY,  
MAY 19, 2010!**