



# Governor's Fitness Awards: One in a Million

Presented by The Michigan Health Ministries of Ascension Health

## *Governor's Council Achievement Award for Organizations Application*

### *The Role of the Governor's Council on Physical Fitness, Health and Sports and the Michigan Fitness Foundation*

The Governor's Council on Physical Fitness, Health and Sports and the Michigan Fitness Foundation (GC/MFF) work to encourage Michiganders to take responsibility for their health by creating a physically educated population with the knowledge and skills to enjoy a healthy, vigorous and safe lifestyle in communities designed to support physical activity. A summary of various programs of the GC/MFF follows:

- To create a physically educated population, the GC/MFF has developed EPEC, the Exemplary Physical Education Curriculum, which provides our youth with the skills, knowledge, competence and confidence to be active for life.
- To help communities provide environments that support physical activity, the GC/MFF offers Promoting Active Communities Awards. This online tool is used by Michigan villages, cities and townships to assess opportunities for active lifestyles and was developed in partnership with the Michigan Department of Community Health.
- The Safe Routes to School program provides a framework in which schools can access the neighborhood environment around the school and make recommendations that make biking and walking to school safer. This program is funded by the Michigan Department of Transportation.
- Events including ACES (All Children Exercising Simultaneously) and the Mackinac Bridge Labor Day Run bring statewide attention to the importance of physical activity.
- The Endorsement Program highlights hundreds of physical activity events held throughout Michigan providing local opportunities to choose physical activity as a way of life.

### *The Governor's Fitness Awards*

Each year, champions of physical activity emerge through the Governor's Council programs, events and partnerships. There are also countless Michiganders working to support or engage in physical activity that are role models to the rest of the state and are deserving of recognition. The awards event serves as a platform of appreciation for these citizens as well as a fundraiser for the Michigan Fitness Foundation.

### *The Governor's Council Achievement Award for Organizations*

To be considered for this award, an organization must demonstrate its support for active lifestyles through its mission, programs or policies. This must specifically include a commitment to improving options for physical activity for Michigan's citizens.

***Application Deadline: August 15***

# Nomination Form to Recognize an Organization

Your Name \_\_\_\_\_  
(First) (M.I.) (Last)

Your Phone Number ( ) - \_\_\_\_\_

Your Address \_\_\_\_\_

Your Email \_\_\_\_\_

Your relationship to the nominated organization \_\_\_\_\_

Organization Name \_\_\_\_\_

Organization Address \_\_\_\_\_

Organization City, State, ZIP \_\_\_\_\_  
(must be a Michigan location)

Organization County \_\_\_\_\_

Organization Contact Person \_\_\_\_\_

Contact Person Phone ( ) - \_\_\_\_\_

Contact Person Email \_\_\_\_\_

**Selection criteria:** Please provide response on a separate sheet of paper (each response is limited to 500 words)

1. Describe the organization's work that supports active lifestyles. Be sure to include specific programs or events that promote physical activity. (5 points)
2. Include letters of recommendation, newspaper clippings or any additional supporting materials. (5 points)

