



Governor's Fitness Awards: One in a Million

Presented by The Michigan Health Ministries of Ascension Health

Governor's Council Achievement Award for Public Officials 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 Public Officials

Eligible individuals are advocates and spokespeople for healthy living. Furthermore, through their public role they must have demonstrated a commitment to policies that support physical education, active communities and programs that support and encourage physical activity.

Application Deadline: August 15

Nomination Form to Recognize a Public Official

Your Name _____
(First) (M.I.) (Last)

Your Phone Number () - _____

Your Address _____

Your Email _____

Your relationship to the nominee _____ I am nominating myself

Nominee Name _____
(First) (M.I.) (Last)

Nominee Address _____

Nominee City, State, ZIP _____
(must be a Michigan resident)

Nominee County _____

Nominee Phone () - _____

Nominee Email _____

Nominee Age _____

Nominee Race _____
(optional)

Nominee Gender ___ M ___ F
(optional)

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

1. Describe the nominee's commitment to creating policies that support physical education and active communities. Be sure to include any specific bills or policies the individual has acted on. (5 points)
2. Include letters of recommendation, newspaper clippings or any additional supporting materials. (5 points)

Send nomination materials to:
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www.michiganfitness.org