



Governor's Fitness Awards: One in a Million

Presented by The Michigan Health Ministries of Ascension Health

Vern Seefeldt Lifetime Achievement Award 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 Michiganians 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 Michiganians 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 Vern Seefeldt Lifetime Achievement Award

The award is named for its first recipient, Dr. Vern Seefeldt. Dr. Seefeldt was the first Chair of the Michigan Governor's Council on Physical Fitness, Health and Sports, appointed in 1992 by Governor John Engler. He began his career as a high school science teacher but eventually became the director of the Youth Sports Institute at Michigan State University, earning national recognition for leadership in many physical education-related programs. The award recognizes individuals who, over a lifetime, have made landmark contributions to the health of Michigan residents through research, teaching, professional practice, policy or volunteer involvement related to physical activity or physical fitness.

Application Deadline: August 15

Nomination Form for the Vern Seefeldt Lifetime Achievement Award

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 why this nominee deserves the Lifetime Achievement Award. Include specific information about how the nominee meets the award criteria, including the nature and quality of the nominee's contributions, the number of individuals affected, the magnitude of the person's effect on individuals, and the number of years of service. (5 points)
2. Include letters of recommendation, newspaper clippings or any additional supporting materials. (5 points)

