



Governor's Fitness Awards:

Presented by The Michigan Health Ministries of Ascension Health

Charles T. Kuntzleman 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 (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.

- To create a physically educated population, 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, MFF offers Promoting Active Communities program. 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 Exercise 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 MFF 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 Charles T. Kuntzleman Award

Worthy recipients of the award will have overcome great challenges to pursue physical activity as a part of their daily routines. The Charles T. Kuntzleman Awards are named after the former Chair of the Governor's Council and Michigan Fitness Foundation. His vision and leadership brought the organization to where it is today, impacting the lives of more than one million Michiganders. Dr. Kuntzleman is the author of several books including *They Accepted the Challenge*, describing people who, despite great obstacles, have pursued a life of physical activity. He is an internationally renowned fitness and health expert, and was inducted into the National Fitness Hall of Fame in March 2008.

Application Deadline: August 1

Nomination Form to Recognize an Individual for the Charles T. Kuntzleman 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 _____ Nominee Gender ____ M ____ F
(optional) (optional)

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

1. Describe any obstacles or challenges the nominee has overcome in order to make physical activity a part of their regular routine. Please include background information that highlights the inspirational nature of this individual's commitment. (5 points)
2. What was the catalyst for this individual to become physically active? (5 points)
3. What has overcoming those challenges meant to him/her (include a description of the internal and external rewards for the individual). (5 points)
4. How has overcoming those challenges impacted others? (5 points)
5. How long has the nominee been physically active? (2 points)
6. Describe the nominee's physical activity routine (days of the week, minutes per session, type of physical activity, etc.). (2 points)
7. Please list any other recognition or acknowledgement this person has received (newspaper stories, television interviews, awards, etc.) (1 point)
8. In addition to what you've already told us, please share any personal observations or factors that make this person an excellent choice for this honor. Include letters of recommendation, newspaper clippings or any additional supporting materials. (5 points)

Send nomination materials to:

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