

# Leaders Wanted

## 2010 Leadership in Fitness Awards

Each year, the **Arkansas Governor's Council on Fitness** and **BAPTIST HEALTH** recognize those individuals and organizations whose efforts affected the health and fitness of Arkansans.

A fitness award winner is:

- An outstanding individual or organization that demonstrates a commitment to the promotion of physical activity and health.
- An outstanding individual or organization that serves as a role model epitomizing personal health and fitness and demonstrating enjoyment of activity and sportsmanship.

The 2010 Leadership Awards will be presented at a ceremony at the Peabody Hotel in Little Rock on September 17. Interested parties can apply or nominate an individual or organization for an award by completing the online nomination form on the **Governor's Council on Fitness** website, [www.arkansasfitness.com](http://www.arkansasfitness.com), and submitting the required support documentation.

## Nomination deadline is August 26, 2010

### General Requirements:

- A completed online nomination form.
- A one-page summary of why the nominee should be considered for a leadership award, e.g. certifications, committee service, presentations conducted, classes taught, program development, awards and grants received. Other support documents may be submitted to further describe the nominee's activities and qualities.
- A minimum of two recommendation letters.

Note: An individual or organization may not apply for the same category if the applicant has been a winner in that category within the last three years.

For more information contact the council coordinator:

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Lifestage Health Branch  
Arkansas Governor's Council on Fitness Coordinator  
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### Selection Process:

Nominations are evaluated and scored on how well the information submitted met the category criteria. Evaluators look at the population affected, breadth of the efforts and demonstrated outcomes of those efforts.

**Category Requirements:****Corporate**

- Office located in Arkansas.
- Ten or more full-time employees.
- Provide and advocate community physical activity and/or worksite wellness programs that meet the needs of employees

**Government Agency**

- Office located in Arkansas.
- Ten or more full-time employees.
- May include county, city or state agencies.
- Provide and advocate community physical activity and/or worksite wellness programs that meet the needs of its citizens.

**Senior**

- Must be 65 years or older and an Arkansas citizen.
- Advocate for community physical activity programs that meet the needs of youths, adults, seniors, special populations and/or businesses.
- Participate in activities to educate youth, adults, seniors and/or special populations on leading a physically active lifestyle.

**Health and Fitness Club**

- Five or more full-time employees.
- Includes private clubs, hospital wellness centers, corporate wellness centers, or recreation centers
- Nationally certified fitness staff.
- Staff maintains current professional memberships in a national and/or state organization.
- Advocate for community and individual physical activity programs that meets the needs of youth, adults, seniors, special populations and/or businesses.
- Sponsors activities to educate youth, adults, seniors and/or special populations in leading a physically active lifestyle.
- Organization located in Arkansas

**School or School District**

- Must have a licensed physical education specialist on staff with a minimum of 60% total teaching responsibility in physical education.
- Provide documentation of planned and sequential physical education curricula that is consistent with the national standards for physical education from kindergarten through grade 12 that promotes enjoyable, lifelong activity for all students regardless of needs/ability.

- Includes public and private Arkansas school districts.
- Measure and demonstrate an increase in students' attainment of physical activity knowledge, achievement of motor and behavior skills, and adoption of health behaviors.
- Administer annually a physical fitness test. These results should be reported, published and presented to school officials and made available to the community.

**Built Environment to Increase Physical Activity**

Describe what steps are being taken in your community to encourage physical activity and healthy lifestyles . Please include photos, survey results, reports, news articles, or anything else that would help us understand your community and verify these activities. Specifically in your summary and/or support documentation, describe the following about your community:

- Partnerships or coalitions to increase physical activity.
- Education campaigns to increase physical activity.
- Propensity of sidewalks, shared use paths, bike racks, bike lanes or trails.
- Access to safe areas for physical activity
- Free or low-cost community recreational programs
- Community buildings or structures used for physical activity
- Work plans to increase physical activity
- Participation in a walkability/bikeability assessment
- Adoption of policies that support physical activity in your community

**Physical Educator**

- Licensed physical education teacher in Arkansas.
- Minimum of 5 years physical education teaching experience.
- Minimum of 60% total teaching responsibility in physical education.
- May teach physical education at a public or private school.
- Current professional membership in a national and/or state physical education organization.
- Advocate for school and community physical activity instruction and programs that meet the needs of young people.

### Outstanding Individual/Group

- Exceptional contributions to the fields of physical activity and health.
- Advocate for community physical activity and worksite wellness programs that meet the needs of youth, adults, seniors, special populations and/or businesses.
- Actively work to create activities for youth, adults, seniors, special populations and/or worksites to become involved in physical activity.

- Includes awards for both individual leaders and groups, i.e. coalitions, civic organizations, community outreach, etc.

### Trails

- Trail located in Arkansas.
- Can be located in city or rural setting.
- Actively used for specific physical activity programs, city and community events and individual use.

### 2005 – 2009 Winners:

Category	2005	2006	2007	2008	2009
<b>Corporate</b>	Arkansas Blue Cross and Blue Shield	Arkansas Children's Hospital	White River Health System	Windstream Corporation	Simmons First National Bank
<b>Government Agency</b>	University of AR Division of Agriculture Cooperative Extension Service	Little Rock Air Force Base Health & Wellness Center	Get Healthy UAMS	Fayetteville Public Schools	Little Rock Air Force Base Health & Wellness Center
<b>Media</b>	AETN			Discontinued	
<b>Health &amp; Fitness Club</b>	St. Edward Mercy Fitness Center	Arkansas Methodist Medical Center	NEA Clinic Wellness Center	Foundation Fitness Systems, Inc.	Lonoke Community Center
<b>Legislative</b>	Paul Miller			Discontinued	
<b>School</b>	Kirksey Middle School	Russellville Middle School	Eagle Mountain Magnet Health/International Studies	Magness Creek Elementary School	Lamar Elementary
<b>Senior</b>	Eddie Eckert	Linda Starr	Delmar Ferrell	Milanie Matthews	Mary Essert
<b>Physical Educator</b>	Mary Taylor		Susan Parker	Christy Ralph	Kathy Wormington
<b>Outstanding Individual</b>	Blair Dean	Andy Core	Chris Draggs	Jacqueline Clinton	Tammy Helmick
<b>Outstanding Group</b>	Club Arkadelphia	Women Run Arkansas	NEA Clinic Charitable Foundation	Rogers Community School recreation Association	Little Rock Marathon Training Program
<b>Trails (new in 2008)</b>				Hot Springs Village Trails Committee	Arkansas River Trail Medical Mile

