



FOR IMMEDIATE RELEASE

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Honor Those with Inspirational Commitment to Physical Fitness *Governor's Fitness Awards: One in a Million Nomination Forms Available*

LANSING, Mich. – An award ceremony hosted by the Governor's Council on Physical Fitness/Michigan Fitness Foundation will honor extraordinary Michigan residents who have made a commitment to physical activity at the Governor's Fitness Awards: One in a Million event. The fundraiser will be held in October in Lansing, and will highlight outstanding individuals and one organization for advocating and role-modeling healthy, physically active lifestyles.

Four inspirational athletes will receive the Charles T. Kuntzleman Award for their commitment to physical activity, despite the many challenges they face. Worthy recipients of the award will have overcome great challenges to pursue physical activity as a part of their daily routines. Dr. Kuntzleman, former chair of the Governor's Council, is the author of several books including *They Accepted the Challenge*, describing people who, despite great obstacles, have pursued a life of physical activity.

One individual will receive the Vern Seefeldt Lifetime Achievement Award. 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. Dr. Seefeldt became the director of the Youth Sports Institute at Michigan State University, earning national recognition for leadership in many physical education-related programs.

An Achievement Award for Organizations will be presented to an organization that demonstrates 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.

The final award to submit a nomination for is the Governor's Council Achievement Award for Public Officials. This award highlights individuals who are advocates and spokespeople for healthy living. Furthermore, through their public role they must have demonstrated a commitment to policies that support physical activity.

To nominate someone, or yourself, for one of these prestigious awards, download nomination forms at <http://michiganfitness.org/OneinaMillion.htm> or call 1-800-434-8642 to request a form. The deadline for applications is August 15.

The Governor's Council on Physical Fitness, Health and Sports and the Michigan Fitness Foundation envision a physically educated population with the knowledge and skills to enjoy a healthy, vigorous and safe lifestyle in communities designed to support physical activity. For more information, visit www.michiganfitness.org.

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