

State Advisory Council on Physical Fitness

2009 ANNUAL REPORT



Martin O'Malley
Governor

Anthony G. Brown
Lieutenant Governor

Brenda Loubé
Chairperson

Charles Chester
Vice Chairperson



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Accomplishments

The Maryland State Advisory Council on Physical Fitness began as the State Commission on Physical Fitness in 1963 and it is the oldest Physical Fitness Council in the United States. The Council on Physical Fitness serves in an advisory capacity to the Department of Health & Mental Hygiene (the Department). Governor-appointed members are listed on page 6. Duties of the Fitness Council are provided on page 7.

The Fitness Council accomplished the following during the past year:

- Hosted the 2008 Annual Physical Activity Excellence Awards Ceremony
- Created the Maryland State Advisory Council on Physical Fitness Endorsement program to endorse physical activity events across the state
- Developed a Speakers Bureau to allow council members to discuss the benefits of daily physical activity to Marylanders throughout the state
- Created a walking committee to assist local communities with obtaining resources and information to increase walking in their communities.
- Participated in the second annual Jogging Joe Shafran memorial run in November.

Five public meetings were held (see pages 10-23 for complete meeting summaries) or visit <http://fha.maryland.gov/cdp/cpf.cfm>

Committee Accomplishments

The Fitness Council is composed of four subcommittees that promote physical activity:

1. Awards: Responsible for administering and scoring the annual Physical Activity Excellence Awards for youth, adult, and older adult categories.
2. Education and Communications: Responsible for website revisions, council marketing, official correspondences, creation and management of the endorsement program, and coordination of the speaker's bureau.
3. Legislation: Responsible for keeping the Council updated on current legislation relating to physical activity across the life span.
4. Walking: Responsible for providing information and resources and coordinating events to promote walking as the state exercise.

Awards

- Received 22 completed applications for 2009
- Applications received represented 8 of the 24 counties - Anne Arundel (5), Baltimore City (5), Baltimore County (4), Caroline (1), Howard (2), Montgomery (4), Prince George's (1), Wicomico (1)
- Raised awareness of the Physical Activity Award through direct contacts with potential nominees, email blasts, the Council's website, and the Council's Facebook Fan Page

Communication & Education Committee: Endorsement Program

- Identification of Endorsement criteria
- Creation of Endorsement Application
- Establishment of Endorsement Process

Communication & Education Committee: Speakers Bureau

- Established Speakers Bureau
- Developed Powerpoint Presentation
- Conducted 1 presentation for medical students
- Prepared a letter to advertise the speakers bureau to interested groups and organizations
- Created a poster of council members engaging in exercises to distribute at presentations

Legislative

- Fought for and helped secure passage of the Gwendolyn Britt Act, setting up a Council to advise the Maryland State Department of Education (MSDE) on school wellness programs
- Participated in the MDHMH Conference on Obesity in Maryland by cosponsoring, serving on the Planning Committee, emceeding and conducting a legislative advocacy roundtable
- Facilitated the appearance of speaker Mike Mason from MSDE to address current school efforts on fitness

Walking

- Established committee with active members
- Developed a walking powerpoint presentation
- Developed principle objectives for walking in Maryland
- Gathered information about benefits of walking to educate the public
- Compiled different walking groups for possible endorsement opportunities

Future Directions of the Fitness Council

The Council will continue to hold public meetings five times per year. The meeting date, location and agenda are posted on <http://fha.maryland.gov/cdp/cpf.cfm> Meeting notices are submitted to the Department of Legislative Services several weeks prior to each meeting.

The Council hopes to explore new opportunities for recognizing those active in promoting physical activity in Maryland during 2010 and will be implementing the newly created Endorsement Program. The Endorsement Program will recognize events and programs that continue to promote and encourage physical activity across the lifespan to all Maryland residents. Furthermore, the Council will be involved in efforts to promote walking, the official state exercise, throughout the state.



State Advisory Council on Physical Fitness Membership

Brenda Loube, *Chairperson*

Yusef Battle

Craig H. Bennett, MD

Jennifer A. Bistrack

Jason Bosley Smith

Charles Chester, Esq, *Vice Chairperson*

Dominique Dawes

James Dorf

Jill Elizabeth Fellman

Carlos Felipe Garcia

Lillian Green Chamberlain, PhD

Larry Hughes

Surina Ann Jordan, PhD

Linda Kephart

Lee Meizlesh

Douglas Miller, MD

Jeanne Ruff

Monte Sanders

Michael Shaw

Richard Towle

Andy Vineberg

Youfa Wang, MD, PhD

Mission

The mission of the Maryland State Advisory Council on Physical Fitness is to educate, advise, and encourage the citizens of Maryland to gain health benefits and enhance the quality of their lives through regular physical activity.*

Physical activity is any bodily movement produced by skeletal muscles that results in an expenditure of energy.

Physical fitness is a measure of a person's ability to perform physical activities that require endurance, strength, or flexibility and is determined by a combination of regular activity and genetically inherited ability.

Exercise is physical activity that is planned or structured. It involves repetitive bodily movement done to improve or maintain one or more of the following components of physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition.

Goals

The Council on Physical Fitness acts in an advisory capacity to the Department of Health and Mental Hygiene. The Council works collaboratively with a broad range of agencies and organizations to accomplish the following goals:

- collect and assemble physical activity-related information
- disseminate information among Maryland citizens to promote regular physical activity
- maintain liaisons with state and local agencies (e.g., education, planning and transportation) to improve opportunities for regular physical activity among all Maryland citizens

2008 Physical Activity Excellence Award Winners

The council's Physical Activity Excellence award was created in 2005 as a way to showcase best practices with programs and projects in Maryland that promote physical activity. The dedication, vision, and service of these individuals and organizations have helped increase physical activity among Maryland citizens.

Recipients of the 2008 awards were honored on Monday, May 4, 2008 in Baltimore by Francis Phillips, Deputy Director of the Department of Health and Mental Hygiene. Winners were selected in the youth, adult, and older adult categories.

Winners of the 2008 Physical Activity Excellence Awards Include:

- Jennifer Lee is an exercise kinesiologist and works for the Howard County Department of Aging. She received the award for the adult individual category.
- Allen "Rocky" Rosen teaches health and fitness classes to seniors at the Jewish Community Center of Greater Baltimore. He received the award for the older adult individual category.
- The Worcester County Department of Parks and Recreation provides comprehensive physical activity programs for youth including: soccer, basketball, volleyball, softball, and after-school recreation activities, which focus on enhancing flexibility, strengthening muscles, and endurance. The Worcester County Department of Parks and Recreation received the award for the youth group category.
- The City of Greenbelt and its "Get Active Greenbelt" program includes a walking program, cooking classes, and healthy snacks for youth who attend the Prince George's County playgrounds at the Schrom Hills Park, Greenbelt and Springhill Lake elementary schools. The Get Active Greenbelt program received the award for the adult group category.
- The City of Gaithersburg's Upcounty Senior Center provides 5 fitness options and more than 20 weekly classes to exemplify best practices in promoting physical activity for older Maryland residents. The Upcounty Senior Center received the award for the older adult group category.

Nominations for the 2009 Physical Activity Excellence Awards were accepted during the fall of 2009 and winners were selected in October. Applications for the 2010 award will be available on the council website beginning in the summer of 2010. For more information please contact Erin Penniston, coordinator to the Maryland State Advisory Council on Physical Fitness, at 410-767-6783 or epenniston@dhmh.state.md.us

2009 Legislative Summary

Senate Bill 879: Gwendolyn Britt Student Health and Fitness Act

For the purpose of authorizing local school systems to develop and implement certain Wellness Policy Implementation and Monitoring Plans to be used for certain purposes; requiring the State Department of Education to take certain steps to support certain Wellness Policy Implementation and Monitoring Plans; requiring certain local school systems to submit certain plans and certain reports to the Department; requiring the Department to establish a certain Advisory Council; providing for the membership, election of officers, and staff of the Advisory Council; prohibiting certain members of the Advisory Council from receiving certain compensation; authorizing certain members of the Advisory Council to receive certain reimbursement; requiring the Advisory Council to meet certain times per year; requiring the Advisory Council to develop and coordinate certain educational programs for students; authorizing the Advisory Council to seek, accept, and expend certain funds and to seek, accept, and use certain services; and generally relating to the development and implementation of Wellness Policy Implementation and Monitoring Plans.

A council member will serve as a representative to the Advisory Council of Health and Physical Education, which was established by the act.

Action: Letter of Support, Testimony, Public Awareness

Outcome: Passed

Senate Bill 404: Public Schools - Physical Education Facilities

- Requiring the State Department of Education to adopt regulations that require newly designed or constructed public schools occupied after January 1, 2012, to include a gymnasium and support spaces for physical education instruction and to adopt guidelines for facilities for physical education programs
- Hearing: 2/18/2009

Action: Letter of Support, Testimony, Public Awareness

Outcome: No Action

Senate Bill 15: School Construction-Pedestrian and Bike Trail Enhancement Funding

- For the purpose of requiring the Board of Public Works to include certain pedestrian and bicycle trail enhancements as an approved public school construction or capital improvement cost; defining a certain term; requiring the Board to adopt certain regulations; limiting the aggregate amount that the Board may approve in any fiscal year for the construction of certain pedestrian and bicycle trail enhancements as part of a public school construction or public school capital improvement; authorizing local governments to use certain highway user revenues for sidewalk construction; stating a certain policy of the State with regard to sidewalks, footpaths, and bicycle trails; including sidewalks under certain provisions governing the construction of certain footpaths and trails by local governments; and generally relating to the use of public school construction aid and certain highway user revenues for pedestrian and bicycle trail enhancements.
- Hearing 1/28/2009

Action: Letter of Support, Testimony, Public Awareness

Outcome: No Action

Meeting Summaries

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS MEETING SUMMARY January 5, 2009

MEMBERS PRESENT

Craig Bennett
Jason Bosley Smith
Charles Chester
James Dorf
Jill Fellman
Carlos Filipe Garcia
Surina Ann Jordan
Larry Hughes
Linda Kephart
Brenda Loube
Lee Meizlesh
Jeanne Ruff
Teresa Seifert
Richard Towle
Andy Vineberg
Youfa Wang

MEMBERS ABSENT

Jennifer Bistrack
Dominique Dawes
Lillian Greene Chamberlain
Vik Khanna
Kevin Lavrone
Amy Price
Teresa Seifert
Michael Shaw

STAFF PRESENT

Dr. Maria Prince

GUESTS

None

WELCOME AND INTRODUCTIONS

Chairperson Brenda Loube convened the meeting at 4:40 PM.

MINUTE APPROVAL

L. Kephart motioned and L. Meizlesh second approval of November meeting minutes.

ANN WALSH UPDATE

Ann Walsh is not present due to illness related to her pregnancy. Brenda asked for a volunteer to take minutes, R. Towle volunteers.

SUBCOMMITTEE UPDATES

The following subcommittee reports were given:

- **Awards:** L. Meizlesh discussed the need for contacts with other companies to contact in future years. A plan will be created for the 2009 awards. Two companies were promised next year, and everyone was in agreement that the word needs to be spread. Goals will be announced at the next meeting. A sound “bite” was also discussed as a possibility.
- **Education/Communication:** A. Vineberg discussed goals and changes presented at the last meeting. L. Hughes shared a copy of a poster previously used for displayed in the

state buildings. Larry Hughes has present with him a copy of the item. Adler Display was discussed as a potential resource.

- **Endorsements:** J. Bosley-Smith presented the final endorsement project. B. Loubé encouraged the group to meet outside of the regularly scheduled Council meetings. The Council discussed the Physical Education Report from MSDE and agreed to invite M. Mason to present at the next meeting. Fitnessgram and potential school participation and funding were also discussed.
- **Legislation:** C. Chester discussed the School PE Bill and the role of the BOEs. Potential collaboration with local recreation and parks departments was also discussed.

OLD BUSINESS

None

NEW BUSINESS

The following items were discussed:

- Research needs to be done to see what is being done at the local level about fitness. Ideas were agreed to be submitted for review. C. Bennett offered to have projects submitted for two summer interns with his office. The group discussed this item and agreed to send suggestion to Brenda through Craig.

NEXT MEETING

The next scheduled meeting of the Council is Monday March 2, 2009.

ADJOURNMENT

The meeting was motioned to adjourn at 6:35 PM.

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
MARCH 2, 2009

MEMBERS PRESENT

Craig Bennett
Jennifer Bistrack
Jason Bosley-Smith
James Dorf
Jill Fellman
Lillian Greene Chamberlain
Surina Jordan
Brenda Loube
Lee Meizlesh
Jeanne Ruff
Michael Shaw
Rick Towle
Andy Vineberg
Youfa Wang

MEMBERS ABSENT

Charles Chester
Dominique Dawes
Carlos Garcia
Larry Hughes
Linda Kephart
Vik Khanna
Kevin Lavrone
Amy Price

STAFF PRESENT

Audrey Regan

GUESTS

Amanda

WELCOME AND INTRODUCTIONS

Chairperson Brenda Loube convened the meeting at 4:42 pm. The minutes from the January meeting were approved.

SUBCOMMITTEE UPDATES

The following subcommittee reports were given:

- Awards Committee: Brenda informed the group that she is working to have a state representative come to present the Physical Fitness awards to the winners for this year. It looks as though May would be the time to do this. More information to follow.

- Education/Communication Committee: Speakers Bureau: Andy and Michael presented a Council PowerPoint presentation that can be used by Council Members when speaking on behalf of the Council.

- Endorsement: Jason presented information about the Council's endorsement program. An application for the public to access will be available online by May 1, 2009.

NEW BUSINESS

The following items were discussed:

- Jason invited Beth Graham from the Alliance for a Healthier Generation to speak via conference call. Beth described the purpose of the Alliance and what was being done in Prince Georges County, Maryland.

- Rick represented the Council at the National Association for Health and Fitness Meeting that was held in Atlanta, Georgia.

- Surina updated the group on the Council on Heart Disease and Stroke Prevention.
- Brenda reminded the group of the National Employee Health and Fitness Day that is May 20, 2009.
- Craig discussed the intern he will have for the summer, what types of projects she could be working on and what she can do to help the Council.
- Lillian invited everyone to the Greg Taylor event that will be held May 9, 2009.

NEXT MEETING

The next scheduled meeting of the Council is Monday May 4, 2009.

ADJOURNMENT

The meeting was motioned to adjourn at 6:30pm

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

MAY 4, 2009

MEMBERS PRESENT

Jennifer Bistrack
Charles Chester
Dominique Dawes
Jill Fellman
Carlos Garcia
Lillian Greene Chamberlain
Larry Hughes
Surina Jordan
Linda Kephart
Brenda Loube
Lee Meizlesh
Jeanne Ruff
Michael Shaw
Rick Towle
Andy Vineberg
Youfa Wang

MEMBERS ABSENT

Craig Bennett
Jason Bosley-Smith
James Dorf
Vik Khanna
Kevin Lavrone
Amy Price

STAFF PRESENT

Audrey Regan

GUESTS

Zac Nickey
Susan Hartjan

WELCOME AND INTRODUCTIONS

Chairperson Brenda Loube convened the meeting at 4:40 pm. The minutes from the April 6, 2009, meeting were approved.

SUBCOMMITTEE UPDATES

The following subcommittee reports were given:

- Awards Committee: Lee gave an update on the Awards process and his thoughts on adding additional award categories. There was discussion of moving the application submission and presentation of awards to a different time of year. Brenda also recommended that there be a subcommittee of the previous recipients of the awards. The subcommittee would then be a resource to spread the word of the award and increase awareness for local communities, and the state as a whole in submitting applications for awards.
- Education/Communication Committee: Speakers Bureau: Andy and Michael presented the revised PowerPoint presentation that can be used by Council Members when speaking on behalf of the Council. Andy will add some items to the PowerPoint and then submit it to Brenda for approval and vote on by the entire council.

- Endorsement: The endorsement committee is close to getting the documentation online for interested parties to use for consideration for endorsement from the council. There was a discussion about providing a disclaimer on events. Charles Chester volunteered to draft a disclaimer for the Council to then be submitted to the department.
- Legislation: Charles Chester gave an update on the physical education legislation.

NEW BUSINESS

The following items were discussed:

- Lillian discussed the HOPSPORTS® Training Systems and shared information with the group. A representative from HOPSPORTS® will be invited to speak at the September meeting and show a demonstration for the Council to take part in. Rick and Jen offered to look for a location for the demonstration. Carlos also volunteered to see if the Du Burns Arena would be available.
- Brenda offered the idea to start a walking committee, since it is Maryland's Official State Exercise. Rick offered to chair this committee with the goal being to develop the Walking as a State Exercise program and raise awareness of walking for the state of Maryland. In addition, bringing more attention to the state exercise by having a Day of Walking in the Fall of 2009.

NEXT MEETING

The next scheduled meeting of the Council is Monday September 14, 2009

ADJOURNMENT

The meeting was moved to adjourn at 5:55pm.

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

SEPTEMBER 14, 2009

MEMBERS PRESENT

Charles Chester
Jill Fellman
Carlos Garcia
Lillian Greene-Chamberlain
Larry Hughes
Surina Jordan
Linda Kephart
Brenda Loube
Lee Meizlesh
Michael Shaw
Richard Towle
Andy Vineberg
Youfa Wang

MEMBERS ABSENT

Craig Bennett
Jennifer Bistrack
Jason Bosley-Smith
Dominique Dawes
James Dorf
Jeanne Ruff

STAFF PRESENT

Erin Penniston

GUESTS

Sergio Rojas, Executive Director, President's Council on Physical Fitness and Sport
Shellie Pfohl, Senior Vice President—Partnerships, HOPSports

WELCOME AND INTRODUCTIONS

Chairperson Brenda Loube convened the meeting at 4:36 PM.

MINUTE APPROVAL

Lillian Green Chamberlain motioned and Michael Shaw seconded the approval of May meeting minutes.

SUBCOMMITTEE UPDATES

The following subcommittee reports were given:

• **Awards Committee**

- The deadline for the 2009 Physical Activity Excellence Awards is Friday, September 18, 2009.
- To date, a few applications have been received in the youth group and adult group categories. All nominators will receive a confirmation letter and all nominees will receive an acknowledgment certificate if they are not selected as the winner. Winners will receive a Governor's citation.
- The review process is the same as previous years. After the deadline, Erin will provide the application information to all the awards committee members. The committee members will review and score the applications, and Erin will compile the results.
- Brenda is working to invite the Governor to the awards ceremony.

• **Walking Committee**

- Committee members reviewed the walking legislation to build on the legislative intent.
- Committee created a walking powerpoint and “Walk Maryland” branding materials, which were reviewed during the meeting. Committee is open to suggestions and comments to finalize these resources.
- Working to obtain information related to trail systems and walking events throughout the state to link this information to the council website.
- Exploring partnerships and sponsorships to assist with future activities, creating walking toolkits, etc.
- Exploring involvement of state legislators by promoting a walking event in Annapolis. This activity could generate support and media coverage but committee wants to ensure the council is prepared to offer resources (via website, toolkits, etc) to support local communities in developing walking clubs, accessing local walking trails, etc.
- Suggestion was made that a pilot program be developed on how the council can support communities to increase walking/develop walking resources and then take it statewide.

- **Communication & Education Committee**

- **Speakers Bureau**

- Pictures were taken prior to the meeting to use for updating the council’s poster. The draft of the poster should be available within the next 2 weeks. Erin will obtain DHMH approval prior to the poster going to print.
 - Previous meeting reviewed and approved council powerpoint. It is clear that the powerpoint needs to be tailored to each specific audience. Council members can update the powerpoint to gear it towards certain audiences (students, older adults, etc.) but the powerpoint must be sent to Brenda and Erin prior to using an updated presentation. Brenda will review for QA purposes and Erin will archive presentations for future use.
 - Reviewed draft of letter that can be distributed to organizations. Edits and suggestions were provided and the letter will be revised prior to distributing it.
 - There is now information on the website about the speakers bureau. Interested organizations should contact Erin with information (date, location, audience), and she will work with Andy to get a speaker and put it on the calendar.

- **Endorsement Program**

- Reviewed letter that can be distributed to potential organizations regarding the program.
 - Information will be posted to the website as soon as approval is obtained.
 - Endorsed events can be one time or annual events.
 - Committee should clarify what the role of members could be at events (attendance, present awards, etc) if organizations request participation.

- **Legislation**

- Charles will serve as the Council's representative to the Advisory Council of Health and Physical Education, which was established by the 2009 Gwendolyn Britt Student Health and Fitness Act.

OLD BUSINESS

- None

NEW BUSINESS

- Sergio Rojas, Executive Director, President's Council on Physical Fitness and Sports was a guest at today's meeting.
 - Sergio commended the Maryland Council for their work and the state of Maryland for being in the top 5 for the President's Challenge.
 - The President's Council is working to ensure that state councils are reaching people in communities throughout the nation. The President's Council has a current staff of 6 and the 20-26 board members will all be replaced by the end of the year.
 - The Obama administration is working on health reform and obesity. In doing so it is important to keep in mind 1.) Minority health and underserved communities; 2.) Building bridges with the medical community due to their potential to influence patients regarding physical activity; and 3.) The President's call to service through serve.gov. The council is working to identify 2500-3000 fitness professionals who will volunteer to reach underserved communities. Additionally, the administration is working to promote inter-agency collaboration between CDC, NIH, HHS to address obesity and other health issues.
- Shellie Pfohl, Senior Vice President—Partnerships, HOPSports was also a guest at today's meeting.
 - Shellie discussed HOPSports (<http://www.hopsports.com/>) and presented the system through DVD segments and equipment. HOPSports is used in physical education classes, after-school programs and worksite wellness programs throughout the country. Currently, 500 sites utilize HOPSports reaching 1.5 million kids weekly and the numbers will increase in 2010. Results have demonstrated that children are 55% more active for MVPA when using HOPSports in PE, boys and girls maintain the same activity level, and children who are overweight/obese are more active than their non-overweight peers. HOPSports is not a curriculum but is a lesson enhancer that provides over 130 lessons that are reviewed by NASPE and meet national standards.
 - HOPSports has a variety of corporate partnerships with national organizations such as NFL charities, WNBA, Harlem Globetrotters, United Way. Many of the national organizations as well as team foundations purchase the system for schools. There are 2 options available for purchase and the all inclusive option costs about \$18,000 and the smaller option costs under \$10,000.

- Lessons are age appropriate and integrate health messages, character education and career choices.
- Jogging Joe 5K Run & 1 Mile Fun Run (Sunday, November 1, 2009, 9:00 a.m. Truxtun Park - Annapolis, MD)
 - Members are encouraged to check their calendars to determine if the council can put a team together.
- Council has added a Facebook Fan page.

NEXT MEETING

The next scheduled meeting of the Council is Monday, November 2, 2009.

ADJOURNMENT

The meeting was moved to adjourn at 6:38 PM.

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS
MEETING SUMMARY
NOVEMBER 2, 2009

MEMBERS PRESENT

Yusef Battle
Craig Bennett
Jennifer Bistrack
Jason Bosley-Smith
Charles Chester
Dominique Dawes
James Dorf
Jill Fellman
Lillian Greene-Chamberlain
Larry Hughes
Linda Kephart
Brenda Loube
Lee Meizlesh
Jeanne Ruff
Monte Sanders
Michael Shaw
Richard Towle
Andy Vineberg

MEMBERS ABSENT

Carlos Garcia
Surina Ann Jordan
Yusef Wang

STAFF PRESENT

Erin Penniston

GUESTS

Mike Mason, Specialist for Physical Education, Maryland State Department of Education

WELCOME AND INTRODUCTIONS

Chairperson Brenda Loube convened the meeting at 4:36 PM.

MINUTE APPROVAL

Michael Shaw motioned and Larry Hughes seconded the approval of the September meeting minutes.

SUBCOMMITTEE UPDATES

The following subcommittee reports were given:

- **Awards Committee**

- This year there were 22 applications from 8 jurisdictions. Many high quality programs were submitted for nomination.
- Applications were reviewed by the committee in October and the winners of the 2009 Physical Activity Excellence Award have been selected. The winners are: Child First Authority (Youth Group); Ginger Andrews and Ron Bowman (Adult Individual); Back on My Feet (Adult Group); Charles Minear (Older Adult Individual); Towson University/Baltimore County Department of Aging Senior Fitness Center Project (Older Adult Group).

- Details (date, time, location) about the awards ceremony will be sent to the council as soon as they are finalized. The committee would like to hold the ceremony in December in Annapolis.

- **Walking Committee**
 - Committee members continue to discuss ways to promote walking as the state's official exercise.
 - The walking presentation has been updated based on council member feedback from September meeting.
 - Re-working the "Walk Maryland" logo.
 - Committee contacted Parks & Rec directors to identify walking events/clubs in each jurisdiction. They learned that some jurisdictions have walking clubs and a number of walking events but other jurisdictions do not have any clubs or events.
 - There are resources to help communities start walking clubs but some charge a fee. The committee would like to promote resources to help communities begin walking clubs or access safe walking paths for free on the website.
 - As technology develops there are methods such as i-mapping and google earth, and the walk score website to use as resources for walking routes.
 - Discussed ideas for activities in 2010. Committee would like to promote National Start Walking Day in April 2010 and begin to provide support to communities to start walking clubs or endorse local walking events. Ideas for support include distribution of walking kits and educational materials on how to start walking clubs or how to access walking routes. Local groups would organize walks (the council would not organize) and perhaps council members would participate or provide guidance through distribution of walking resources.
 - It was noted that due to the short time frame between now and April 2010 it may be difficult to fully implement all the committee's ideas. 2010 may be considered a kick-off year with support provided to jurisdictions with existing events and 2011 could be an expansion year when activities would be expanded throughout the state.

- **Communication & Education Committee**
 - **Speakers Bureau**
 - Poster has been developed, and once a funding source is established to print the poster, we will then distribute at future speaking engagements. A few minor revisions will be made and then the poster will be shared with the council. It was recommended to explore having the poster be publicized on MTA vehicles and in schools.
 - Members are requested to email Erin contact information and email addresses for organizations in their jurisdictions (Boys and Girls clubs, faith-based institutions, community organizations, etc.) that may be interested in utilizing the speakers

bureau. Erin will compile this information and email the organizations in January.

Endorsement Program

- Liability disclaimer is being reviewed by the state's Attorney General's office. Erin will follow-up with the office to gain approval and then submit the application materials for posting on the council's website.

• Legislation

- Charles will serve as the Council's representative to the Advisory Council of Health and Physical Education, which was established by the 2009 Gwendolyn Britt Student Health and Fitness Act. Linda is also on this council representing public schools, and she is the vice-chair.
- It was proposed that at the next meeting the council discuss the idea of endorsing school systems wellness programs and utilization of fitness measurements.
- Charles mentioned that some groups are considering proposing that physical education be included in the reauthorization of the No Child Left Behind legislation. He will share any additional information that becomes available.

OLD BUSINESS

- None

NEW BUSINESS

- Mike Mason, Specialist for Physical Education, Maryland State Department of Education was a guest at today's meeting and provided an Overview of School-based Fitness Measurements.
 - Physical education (PE) is moving in a new direction in Maryland. In the past, students were taught sports in PE for the sake of sport. Today, sports are taught as a basis for health and fitness and used as a method to help students develop personal fitness plans to improve their individual health and wellness. Students should be able to understand how a particular sport or physical activity fits into their personal fitness plan.
 - MSDE does not dictate time standards for any content areas including physical education. The amount of time for physical education and physical activity are local school system decisions. There is a ½ credit PE requirement for graduation.
 - Discussed fitness measurement and how data obtained from these measurements can be utilized effectively. This data can be used at the individual level and district level. Appropriate uses of the data include the establishment of individualized fitness plans (individual level) or designing programs for a certain

fitness component if students are identified as below the district average in this component (district level). Inappropriate uses of fitness data include using it to evaluate the overall quality of the physical education program or physical education teachers' performance. Additionally, using fitness as a means to grade students is an inappropriate use of fitness data because the "process not the product" should be graded.

- Some types of fitness measurement allow for pre/post scores, generation of reports for students and parents, and the collection of longitudinal data. Other types of fitness measurement provide information at a snapshot in time.
 - The 2009 Gwendolyn Britt Student Health and Fitness Act requires local school systems that choose to establish implementation and monitoring plans for Wellness Policies will have a plan to establish baseline data on health related student fitness.
 - It is important to remember that the school setting is not the only environment that impacts youth fitness and wellness, but it is an important environment to teach students about fitness to make healthy decisions throughout their lives.
- Committee reflection of 2009 accomplishments and 2010 goals
 - Council members spent time in committees to discuss 2009 accomplishments and 2010 goals.
 - Chairs are requested to email their committee's 2009 accomplishments and 2010 goals to Brenda by Monday, December 7, 2009.
 - Establishment of celebrity committee
 - Work in this area would help the council develop contacts with Maryland's professional sports teams and University sports teams. Additionally, contacts would be made to develop relationships with sports and entertainment celebrities who would help support the council's initiatives and activities.
 - Holiday get-together
 - It was proposed that the council meet in December in Annapolis.
 - Fitness council attire
 - Orders were taken for fitness council attire. If you did not place an order but would like to do so contact Brenda ASAP. Attire will be available in January and payment will be due at this time.

NEXT MEETING

The next scheduled meeting of the Council is Monday, January, 11, 2010. Information on the location will be emailed to members prior to the meeting.

ADJOURNMENT

The meeting was moved to adjourn at 6:20 PM.