

**Current Activities of Governor's Council on Physical Fitness
Members
2008-2009**

The Healthy Youth for a Healthy Future Project

Julie Ryczek and Dave Andreychuk attended the Celebration of the Surgeon General's Champion Award Recognizing "Fit Families for Life" on January 15, 2009 in Tampa, FL.

Acting Surgeon General Steven K. Galson, M.D., M.P.H., promoted the U.S. Department of Health and Human Services' Childhood Overweight and Obesity Prevention Initiative at the event. The initiative targets prevention of overweight and obesity, and the promotion of healthy lifestyles, for young people.

The Healthy Youth for a Healthy Future project focuses on recognizing and showcasing those communities throughout the nation that are addressing childhood overweight and obesity prevention by helping kids stay active, encouraging healthy eating habits, and promoting healthy choices

The program was sponsored by the Tampa Bay Lightning Foundation, the Children's Board of Hillsborough County, and Blue Cross and Blue Shield of Florida.

The National Children's Study

Mary Rumberger, as part of The Winter Park Health Foundation, has been asked to serve on the Community Advisory group for the Orange County study site of the National Children's Study.

The National Children's Study will examine the effects of environmental influences on the health and development of 100,000 children across the United States, following them from before birth until age 21. The goal of the Study is to improve the health and well-being of children. For more information regarding this study, please visit <http://www.nationalchildrensstudy.gov/Pages/default.aspx>.

Proposed National Nutrition Month March 2009

In response to the Council objective to promote good nutrition, Julie Ryczek is advocating for March 2009 to be proclaimed as National Nutrition Month.

NFL Play 60

Julie Ryczek and her class participated in making a video for the NFL's Play 60 What Moves You Challenge.



The video can be viewed at [mms://video.pinellas.k12.fl.us/Play60](https://video.pinellas.k12.fl.us/Play60).
For more information about the NFL's Play 60 Challenge, please visit www.GovernorsFitnessChallenge.com.