

**Governor's Council on Physical Fitness**  
**Monday, February 2, 2009**  
**Conference Call**  
**Meeting Summary**  
**3:00 p.m. – 4:00 p.m.**

**Council Members Present**

Mr. Carlos Castresana  
Ms. Shannon Miller, Co-Chair  
Mr. William Montford  
Dr. Don Rapp  
Mr. Charles Castevens  
Ms. Julie Ryczek  
Dr. Judith Schaechter  
Ms. Sheila Sheridan  
Mr. Kezarrick McCorvey  
Dr. Ana Viamonte-Ros  
Ms. Amy Young  
Ms. Mary Rumberger

**Council Members Absent**

Mr. Derrick Brooks, Chair  
Dr. Karen Dowd  
Mr. Thomas Epsky  
Mr. Dave Andreychuk  
Dr. Javier Garcia-Bengochea  
Mr. Rocco Baldelli  
Mr. Joshua Butler  
Ms. Jennifer Capriati  
Mr. Shaquille O'Neal  
Mr. Bob Griese  
Mr. Ken Griffey, Jr.  
Ms. Nancy Hogshead-Makar  
Mr. Robert Keiser  
Mr. Corey Simon  
Dr. Dorothy Richardson

**Others Present**

Kimberly Berfield  
Katie Hammond  
Catherine Howard  
Carolyn Timmann  
Kelli Lane,  
for Robert Keiser

---

Department of Health Deputy Secretary for Advocacy and Policy, Kimberly Berfield, welcomed the Council members on the call.

She summarized the activities that had taken place within the Department of Health, and in the 2008 legislative session in response to the Council's Recommendations for a State Plan of Action. She highlighted the following activities:

- The Florida Department of Health is also incorporating several recommendations from the Council in their 2009 proposed legislation, "Healthy & Fit Florida Act," which aligns Chapter 385 of the Florida Statutes with CDC guidelines.
- The passage of Senate Bill 610, which required 30 minutes of physical education daily for grades 6-8.
- The passage of House Bill 623 that ensured children have the opportunity to start off the day right with a good breakfast.

Ms. Berfield introduced Carolyn Timmann, Assistant Deputy Chief of Staff for Governor Charlie Crist. Ms. Timmann thanked the Council for their efforts last year in putting the report together and encouraged the members to continue to be active in their communities. She announced that the Council will continue its work in the coming year.

Ms. Berfield then briefed the group on the progress of the Governor's Fitness Challenge for elementary and middle schools. This prompted discussions between the Council members about the Challenge, and other topics such as BMI report cards and the FitnessGram®.

Based on the conversation, the following items will be sent to the Council via email:

- Information on the Massachusetts BMI report card.
- Information on the Governor's Fitness Challenge.
- The engrossed language of Senate Bill 610.