

GOVERNOR'S COUNCIL on PHYSICAL FITNESS
KICK-OFF MEETING (DAY ONE)

DATE: Thursday, August 23, 2007

TIME: 4:23 p.m. - 5:53 p.m.

LOCATION: Tampa Bay Buccaneers
Training Facility
3302 West Dr. MLK, Jr., Blvd
Tampa, Florida

Pages 1 - 79

A G E N D A

- 4:230 - 4:29 Charge from the Governor
Charlie Crist, Governor of Florida

- 4:29 - 4:31 Welcome
Derrick Brooks, Council Chair

- 4:31 - 4:32 Roll Call
Jeannie Hefelfinger

- 4:32 - 4:36 Charge from the Council Chair
Derrick Brooks, Council Chair

- 4:36 - 4:53 Introduction of Council Members
Derrick Brooks, Council Chair

- 4:53 - 4:55 Official Announcement of Co-Chair
and Chair/Co-Chair Designee
Derrick Brooks, Council Chair

- 5:00 Governor's Announcement

- 5:00 - 5:01 Housekeeping

- 5:01 - 5:38 Success Stories and Testimonials
David Latu, Athlete, Special Olympics
Chris Brito, Student, Shaq's Big
Challenge
John Scully, Project GYM, Flagler County
Public School

- 5:38 - 5:50 Public Comment

- 5:50 - 6:00 Closing Remarks

Derrick Brooks, Council Chair

1 GOVERNOR'S CHARGE

2 GOVERNOR CRIST: Good afternoon. I just got in
3 here from Tallahassee and it's good to be down in
4 Tampa Bay. Good to be home.

5 Mr. Chairman, Madam Chair, thank you for what
6 you're doing.

7 Can you hear me okay? Is that better?

8 Good afternoon.

9 THE AUDIENCE: Good afternoon.

10 GOVERNOR CRIST: I just had the opportunity to
11 meet with the Glaziers. And I've not been to this
12 facility before. And I cannot believe it, but this
13 is beautiful. I guess it's been open just over a
14 year, Nancy, and it's a great place to meet, and I'm
15 glad we've had the opportunity to have the meeting
16 here today. And I just wanted to thank you. I
17 wanted to thank you for what you're doing and
18 emphasize the importance of what you're doing.

19 You know, having a Governor's Council on
20 Physical Fitness is an idea that kind of came to us
21 during the course of the campaign. And, you know,
22 all of you in the room understand and appreciate the
23 importance of physical education and activity and

- 24 what a difference it can make in a life and as to
- 25 productivity of our young people in particular. I

1 mean, that's obvious and clearly our focus.

2 But, you know, I remember when I was a kid,
3 Derrick, a long time before you were a kid. I
4 remember that, you know, President Kennedy was our
5 President and he had a President's Council on
6 Physical Fitness. And you had to do so many pull-ups
7 and pushups and stuff like that in order to get, you
8 know, like a nice T-shirt award and all this kind of
9 stuff, and it made an impression on me and, I guess,
10 it stuck with me to this day. I mean, I workout
11 every morning and, you know, I think it's the best
12 vitamin I take in the morning is to have that
13 workout. And it just gives you a good start on the
14 day; at least it does me. And I don't think it
15 really matters what time of day you do it, as long as
16 you're doing something. And it really can add to the
17 productivity of our students, of our young people.
18 And so the work that you all are doing as the Council
19 is incredibly important. And I look forward to the
20 ideas that you come up with, the discussions that you
21 have.

22 You have our Surgeon General with you.
23 Secretary, it's great to have you here. I appreciate

24 your participation as well. But it really is

25 important and it really can make an enormous

1 difference.

2 My friend Bill Montford understands. He's
3 been a superintendent and does a great job. Always
4 kind of the superintendent of all the
5 superintendents. And I got to know Bill up in
6 Tallahassee when I was the commissioner of education.

7 And I can tell you he's got a heart and a mind that
8 understands how important physical activity is and
9 what a difference it can make in the lives of our
10 people and our citizens and the quality of life that
11 it can bring about; it's hard to measure the
12 difference that it makes. You feel better -- Kez,
13 good to see you. You feel better, you do better.

14 You know, I think you think better, to be
15 honest with you. And, you know, to have that
16 opportunity to spread that word and the ideas that
17 you will come up with about how we can do more of
18 that, how we can share this message with more
19 Floridians -- you know, we've got about 18 million of
20 us, so there's a lot of people that we need to share
21 this message with. And the discussions that you all
22 will have while serving on this council are going to
23 change lives. They really are.

24 And I want you to realize, and I'm sure that

25 you do -- but I'm here to re-emphasize how important

1 it is and how life-changing it can be. You will save
2 lives by the ideas and suggestions that you come up
3 with. You really will and -- so I wanted to be here
4 at this meeting and have the opportunity to thank
5 you. To thank you for what you're doing and thank
6 you for stepping up in a leadership role, Shannon and
7 Derrick.

8 Shannon is getting married Saturday. So for
9 her to be here -- yeah, she deserves a round of
10 applause from you. For her to be here today is a
11 sacrifice on her part. I can only imagine the
12 planning that you're forgoing. But I'm sure you've
13 assigned somebody else to do a great job at it.
14 She's just a gold medal winner; that's pretty cool.
15 He's an All Pro. And you're all All-Americans in my
16 book. And I really do appreciate your service and
17 your willingness to serve the people of Florida; it's
18 a high call. And this is important work that you're
19 embarking upon today. And I'm very, very grateful
20 for your willingness to do it. And I just can't
21 thank you enough for doing so.

22 You're going to hear from some other great
23 people today. David Latu, Chris Brito. Chris --

24 hey, is Chris here yet? Hey, Buddy, good to see you
25 again. Chris I got to meet when Shaq -- one of your

1 buddies and mine, Derrick -- Shaq, when he did this
2 show, his big change. And Chris came to my office up
3 in Tallahassee. We had a wonderful exchange and a
4 great experience there. Basically he was inspired to
5 do everything that Shaq said. I'm not going to say
6 no to anybody that big. No, in all seriousness, it
7 was a great service that he provided and Chris was a
8 tremendous participant and did great on the show.
9 And, you know, just telling your story, it's so
10 powerful. How it has changed your life and the
11 impact that it's had on you as a younger Floridian
12 will be tremendously impact on an awful lot of
13 students throughout our great state. And you have
14 impact on young people throughout the country by
15 virtue of the broadcast of the show.

16 John Scully as well. He's going to speak to
17 you all shortly. But I just wanted to thank you from
18 the bottom of my heart, Julie, and, Nancy, and all of
19 you. I mean, I just can't thank you enough. But
20 it's so important. And, you know, what state should
21 have the healthiest people ought to be Florida. I
22 mean, we have the opportunity to be in shape
23 year-round. We don't have any excuse like it's

24 snowing outside or -- you know, I mean, really, think
25 about it. I mean, when you go to other states -- and

1 I have people tell me this too. When they come to
2 visit us, they're like, when I go down to Florida,
3 everyone is so healthy in Florida. Well, we kind of
4 have to. You know, we don't have any excuse not to
5 be. We've got the weather for it. We have the
6 climate for it, and we're truly blessed. We are
7 blessed by God. And I just can't thank you enough
8 for what you're doing, and I'm honored just to spend
9 a little time with you today. Thank you very much.

10 WELCOME

11 DERRICK BROOKS

12 MR. BROOKS: Thank you, Governor. Now, a -- can
13 everyone hear me? Okay. Normally, when I stand up
14 here, I talk so loud I don't need a microphone.

15 Now, the Governor's Council on Physical
16 Fitness will now be called to order. I want to
17 welcome everybody here. Governor, thank you for your
18 speech and your initiative. We'll do our best. Me
19 personally chairing and Shannon co-chairing and the
20 council members, we'll do our best to honor your
21 mission and to make Florida a healthier state.

22 And as everyone knows, as we move into this
23 meeting, the problem with child obesity is something

24 that needs to be taken very seriously. I think
25 children look at adults. So if we carry ourselves as

1 healthy adults, we can set the examples that we want
2 to set for our children. And, therefore, the
3 challenge is on us, and we're going to take an oath,
4 Governor, in doing it with your leadership.

5 In all seriousness, the fact that you asked
6 me to come onboard -- from day one, I was so excited
7 that you asked me to do it. Probably because I have
8 no choice. I have to stay in shape. But asking me
9 to lead this, especially working with young people --
10 again, with your leadership, we're going to be a
11 happy and healthy state.

12 Again, everyone that is here with us,
13 welcome. We are all excited to be here at One Buc
14 facilities. I hope you guys enjoy the small area
15 that you had a chance to see. But this is a
16 wonderful facility and getting our meeting started
17 here on the Governor's Council on Physical Fitness.
18 And I want to encourage you guys to join us tomorrow
19 at Westshore Doubletree from 9:00 a.m. to 1:00 p.m.,
20 as we proceed with our meeting here in Tampa,
21 Florida.

22 With that being said, I'm going to ask our
23 Council executive director Jeannie Hefelfinger to

24 come -- she's from the Florida Department of Health

25 and take roll call for the Council and take care of

1 some housekeeping information. Jeannie.

2 ROLL CALL

3 JEANNIE HEFELFINGER

4 MS. HEFELFINGER: Thank you, Chairman Brooks.

5 Please respond when your name is called.

6 Derrick Brooks. Here.

7 Michelle Brantley. Here.

8 Jennifer Capriati.

9 Charles Castevens.

10 Carlos Castresana. Here.

11 Karen Dowd. Here.

12 Thomas Epsky. Yes, ma'am.

13 Javier Garcia-Bengochea. Here.

14 Nancy Hofshead-Makar. Here.

15 Robert Keiser.

16 Kez McCorvey. Here.

17 Shannon Miller. Here.

18 William Montford. Here.

19 Shaquille O'Neal.

20 Don Rapp. Here.

21 Dot Richardson.

22 Mary Rumburger. Here

23 Julie Ryczek. Here.

24 Judy Schaecter. Here.

25 Sheila Sheridan. Here.

1 Amy Young. Here.

2 Ana Viamonte Ros. Here.

3 Bob Griese.

4 Ken Griffey, Jr.

5 Corey Simon.

6 Rocco Baldelli.

7 CHARGE FROM COUNCIL CHAIR

8 DERRICK BROOKS

9 MR. BROOKS: Thanks, Jeannie. As you can hear
10 from the list of names on our Council, we're
11 obligated and we're going to be setting an example
12 ourselves. And I want to challenge the Council
13 members that are here -- standing here with me, that
14 the issue of childhood obesity and obesity prevention
15 among Floridians is a serious problem. And to me,
16 I'm from the mindset, Don't tell me about the
17 problem, how can I be part of the solution. And I
18 assume you guys have the same motto because you're
19 here today sitting on this stage. And we're going to
20 tackle this particular problem not only getting
21 physical education back K through 5 -- we're not
22 going to be satisfied until it is in all our schools.
23 And not only educating by physical fitness, we're

- 24 talking about the wellness of life. Making healthier
- 25 choices in terms of food, in terms of how you live,

1 in terms of how you exercise, in terms of
2 communication with kids. I think that's an issue
3 that we all could be better at.

4 And I think by making our state a healthier
5 state, we can set an example for the nation. And I
6 really, really truly believe that I wouldn't be
7 standing here if I didn't believe that our Governor
8 wouldn't be sitting here today if he didn't believe
9 it. So I'm asking you guys to really take this issue
10 not only serious, but take it personally in your own
11 home lives.

12 You know, sometimes we go to the grocery
13 store -- and I've got kids. You know, I've got to
14 kind of stay away from that cookie and snack aisle
15 and take them down the fruit and vegetable aisle.
16 You know, sometimes, you know, you've got to play
17 mind games with them and tell them, For every cookie,
18 you've got to eat three apples. Before you know it,
19 they're so full of apples, they don't want cookies.
20 So we've got to really reinforce a healthier life
21 doing it ourselves and really emphasize that with our
22 kids.

23 So with that being said, I really want to

24 convey to everyone that is listening a simple
25 mission. I believe as a leader, I've got to really

1 enforce my teammates, as I see you guys as my
2 teammates. The mission is quite simple. The mission
3 that I feel that's appropriate for this Council. We
4 want to develop a state plan of action over the next
5 few months. A discovery plan for our state that will
6 address physical activity and healthy nutrition
7 promotion among our youth in schools, adults in the
8 worksite and in the community. Therefore, in all
9 aspects of life and all -- you know, avenues of life,
10 we can cover physical activity. We can promote
11 healthy nutrition by the way we carry ourselves. And
12 I believe as a Council that should be our mission.
13 With that being said, I want to ask everybody here,
14 Council members, to take a moment to -- let's get
15 familiar with one another and introduce yourselves
16 and really give us one or two, three sentences about
17 yourself. And I would like to personally know why
18 you chose to accept to be on the Council. Everyone
19 has a mike? So you, Judy.

20 INTRODUCTION OF COUNCIL MEMBERS

21 DR. SCHAECKER: Thank you. It's truly an honor
22 to be here and to do this very important work and
23 thank you for stating our mission.

24 I am a pediatrician at the University of
25 Miami. I work at Jackson Memorial Hospital. And as

1 a pediatrician, my work is all about prevention. So
2 that my research and community work has been largely
3 in injury and violence prevention but has branched
4 into obesity prevention because we have the numbers
5 that we do.

6 I work quite a bit with the schools as well
7 as early childhood and have started a number of
8 programs that build the infrastructure for us to do
9 this kind of work in Miami-Dade helping the hundreds
10 of people in the community where we can teach better
11 nutrition to youths and parents.

12 MR. McCORVEY: My name is Kez McCorvey. I'm --
13 one of the biggest things is I have four children of
14 my own. I have a son who is 13, a son that's 10 and
15 another son that's four and another son who is six
16 months. So I have a definite interest in children
17 and schools and being involved in the whole process.

18 And myself, a former athlete, and certainly
19 not pro athlete, I also have involvement as far as
20 youth and development. But I see myself in a lot
21 of the kids that participate in programs, participate
22 in the schools and PE and all those things that --
23 have an opportunity to be successful because of what

24 you're talking about. They don't have motivation but

25 also are not having initial success at doing those

1 things and that's why most kids do fail.

2 And I have been involved in a program and
3 have a program myself that has tackled those issues
4 right now. So that is my involvement and the reason
5 behind my involvement in the program.

6 MR. MONTFORD: I'm Bill Montford. I'm the CEO
7 of the state superintendent association. I'm honored
8 and privileged to serve on this Council.

9 And, Governor, I appreciate your -- we
10 believe strongly in what this Council is all about.
11 We strongly believe that we, superintendents, will
12 have so much of a positive impact on the lives of
13 children especially by affording this Council and
14 making absolutely sure that we do everything possible
15 to make sure that every child in public schools and
16 private and charter and home-schooled kids, as well,
17 have the ability to know about good health and good
18 nutrition; and then be able to have that kind of
19 support not only from home, but from our schools as
20 well.

21 I have two grandchildren and another on the
22 way, and I want them to quite frankly be much
23 healthier than I am. And as far as this Council, I

24 will make it public and put some pressure on me here.

25 I'm going to lose 30 pounds by January, all right.

1 Because my doctor told me I had to. And I want to do
2 that. So you all watch me every time you come to the
3 meetings, okay.

4 MS. SHERIDAN: That's a hard act to follow. I'm
5 Sheila Sheridan. I'm director of nutrition services
6 for Collier County Public Schools in Naples, Florida.
7 I've been actively involved in nutrition education
8 for -- I don't have to say how many years. But for a
9 long time. I'll tell you how long. The first
10 nutrition education and training program fund was
11 called NET. And I was the first NET coordinator for
12 the State of Florida in the late '70s.

13 So, anyway, I worked with POEs to try and
14 develop nutritional education and develop a
15 curriculum way back then. And I'm just really,
16 really concerned about the nutritional environment in
17 the schools and -- but there are many things that we
18 can do to change some of those fundraisers and some
19 of the parties and things that happen at schools.
20 Just so that there's more of an awareness for those
21 schools to be -- change somewhat to fruits and
22 vegetables and other nutritious things to eat. And
23 I'm delighted to be here. Thank you.

24 MS. HOGSHEAD-MAKAR: My name is Nancy

25 Hogshead-Makar. I'm also an Olympic champion swimmer

1 in the 1984 Olympics. And I'm now a professor of
2 law. I teach sports law. And in my career, I got
3 involved really in three areas. One is asthmatics
4 having access to good healthcare and be able to
5 afford it. Two is working with anti-doping efforts,
6 you know, so there's no steroids or antidrugs. And
7 third is gender equity in athletics in issues making
8 sure that there are no illegal barriers to women
9 participating in sports, in particular, but also the
10 handicapped.

11 There's an enormous amount of research
12 showing that if girls, in particular, but, kids in
13 general, if they don't get skills to learn how to
14 play a sport, they'll never do it if they don't get
15 it by the time they're 11.

16 So I'm very honored to be on this committee
17 and look forward to making a difference for everybody
18 in Florida. Thank you.

19 MR. GARCIA-BENGOCHEA: My name is Javier
20 Garcia-Bengochea. I'm a neurosurgeon from
21 Jacksonville, Florida. I work with a lot of the
22 neurosurgical groups. Florida's first and oldest
23 group of neurosurgeons in the state.

24 My area of expertise is in spinal surgery.

25 Minimal invasive spine surgery. So why would a

1 neurosurgeon want to be on this committee? Well, as
2 a spinal surgeon, I really joke with my friends that
3 I'm a fat doctor. The spine is a mechanical object
4 and it wears out in time. And, of course, it will
5 wear out faster if you abuse it. And one way of
6 abusing it is overloading it.

7 So my area or my concern with regards to this
8 committee is nutrition. And not only exercise, but
9 really as nutrition of what we eat and how we eat.
10 And this is probably -- if I would say there's any
11 common thread in the obesity link with my patients
12 and the people I come into contact with, it's poorly
13 informed, poorly disciplined eating habits. And it
14 goes both ways; it's what we eat and how we choose to
15 eat and, of course, what we see in the stores.

16 So that's my interest and I am thrilled and
17 honored, Mr. Books, to be on this committee. One of
18 my biggest claims to fame is sitting next to Nancy at
19 this time.

20 MR. CASTRESANA: Good afternoon. My name is
21 Carlos Castresana. I am a partner in a national
22 benefits consulting company in Fort Lauderdale,
23 Florida. Three to four years ago, we went out to

24 corporate America to try to convince them that the
25 future of healthcare in this country was about

1 prevention and wellness; and it goes all the way down
2 to the dependence, the children.

3 This is a particular heartfelt issue for me.
4 My wife's mother passed away after bariatric surgery
5 that failed. And obesity is a serious problem; it
6 was her last stop and it is the last stop for a lot
7 of people.

8 I look forward to the work. I'm very
9 honored to be here on this Council, and I hope we
10 impact the children of this state the way we should.

11 MS. RYCZEK: My name is Julie Ryczek. I'm an
12 educator in Pinellas County Schools for 23 years.
13 And I'm in contact with children daily. I teach
14 elementary school, as well as high school. And I'm
15 thrilled to be on this Council to promote health and
16 nutrition for our children as well as the adults
17 daily.

18 MS. VIAMONTE ROS: Good afternoon. My name is
19 Ana Viamonte Ros. And I'm honored to be Florida's
20 Surgeon General. And I'm also the head of the
21 Department of Health. And I've been going throughout
22 the state advocating our three Ps; that is
23 prevention, as you already heard; personal

24 responsibility and preparedness. And we feel in the
25 Department of Health that it's extremely important to

1 address some of these issues of obesity and of the
2 many chronic diseases that it leads to in trying to
3 make sure that our -- all of our citizens are as
4 healthy as they can be.

5 Coming from a minority population of
6 Hispanics, again, many minorities have issues of
7 greater prevalence of chronic diseases. Many of
8 which have, as a basis, a very sedentary lifestyle as
9 well as poor nutritional choices. So I'm very
10 interested in that aspect too, and I look forward and
11 I'm honored to serve in this capacity.

12 I look forward for myself, as well as the
13 Department of Health, to help in any way and to
14 support all these efforts to make sure that the
15 health of all Floridians is as good as it can be.
16 Thank you.

17 MR. RAPP: I'm Don Rapp. I've been in
18 Tallahassee for almost 50 years. And 27, 28 of those
19 years, I taught child development and gerontology.
20 So I'm on both ends of this thing. And I'm
21 interested in obesity in children but also obesity
22 and lack of physical condition in the elderly. And
23 the modeling -- the word "modeling" was -- the adults

24 have to model this to children. This has to happen
25 that way. Now since retirement, I've been interested

1 in balance and the neurological aspects of balance of
2 the elderly, Parkinson's, brain damage and so forth.

3 And I teach in a gym in Tallahassee and then
4 in the summer -- I just flew in from Erie,
5 Pennsylvania. And 40 miles from that is the old
6 Chautauqua. The old, original Chautauqua. And I've
7 been the juggling instructor up there for the last
8 ten years. And juggling is a sport you can continue
9 forever. So maybe we can talk about that for the
10 Olympics.

11 MR. EPSKY: It's hard to follow a juggler. I'm
12 sorry, I don't do that. Maybe Don can teach me. My
13 name is Tom Epsky. I'm the human resource
14 professional, and I serve on the Florida Unemployment
15 Appeals Commission. And in my background, I see
16 firsthand how an unhealthy lifestyle can impact our
17 citizens and what it can do for our employees and the
18 bottom line of business and I'm very concerned about
19 that.

20 I also serve as a volunteer past-chair of our
21 American Heart Association Community Board of
22 Directors, so I know there are so many positive
23 things that we can do to impact the lives of citizens

24 and I'm looking forward -- and, Governor, thank you
25 for this opportunity for me to bring my experience

1 and business and our community organizations to help
2 our citizens of Florida lead more productive
3 lifestyles and improve their physical fitness and
4 health.

5 MS. YOUNG: Good afternoon, everyone. My name
6 is Amy Young. And I'm with a firm that's based in
7 West Palm Beach and Tallahassee. I have been a
8 healthcare advocate for over 20 years, dare I say.
9 Particularly promoting women's healthcare and
10 children's healthcare. I also work closely with
11 Florida Healthcare Association promoting community
12 outreach for physical fitness programs in the state
13 of Florida.

14 And I'm thrilled to serve on the health and
15 nutrition committee because my goal is to kick those
16 Chicken McNuggets and pizza out of our kids
17 cafeterias. And I am, too, very pleased and honored
18 to be here with particularly such a distinguished
19 panel. I look forward to our work together.

20 MS. BRANTLEY: Good afternoon. I'm Michelle
21 Brantley. I work through the Department of Health.
22 I'm a health educator representative for Jefferson
23 and Madison Counties. Even though I've been there

24 eight months, my education before there was -- I have
25 a degree in psychology, and I worked at the schools

1 as a behavior specialist, and I worked in rural
2 communities. And another educator over there knows
3 my heart on what you see every day. And I think what
4 I can bring to this committee is a real-life
5 experience of what truly is out there and what is
6 happening with our children and what is going on with
7 our parents and what our children actually face every
8 day.

9 And I have a little personal something I'd
10 like to share with you. My son is 11 years old. And
11 when he was in the fourth grade, he had a dear friend
12 that passed away from cancer. And we watched her --
13 it's a little emotional. We watched her from third
14 grade to fourth grade go down very quickly. And we
15 were there with her in hospice. And her favorite
16 foods were pizza and chicken nuggets. And I just
17 have to believe that we have an instrument that can
18 be healed if we take care of it. And I think that we
19 have a mission to take care of our young people and
20 to teach them how to take care of their bodies the
21 best that they can. And I vowed that day standing at
22 her gravesite that I was going to do something in
23 memory of her.

24 And I appreciate this opportunity to be here,

25 and I hope I can make a difference because I have a

1 voice and I believe I can change the world one person
2 at a time, and I love our kids and they are well
3 worth it.

4 MS. DOWD: Hi. My name is Karen Dowd. I'm the
5 executive director of the Florida Alliance for
6 Health, Physical Education, Recreation & Sport. I've
7 spent 27 years -- Shannon probably doesn't know this.
8 But 27 years at a college of her father's at the
9 University of Central Oklahoma. So Ron and I go back
10 a long, long way.

11 I have spent the balance of my professional
12 career here as a university professor and
13 administrator teaching people to be health educators
14 and physical educators. And in my coursework, the
15 bulk of my teaching was in the area of exercise
16 physiology. And so I'm one of those people that
17 believes if we can share with our young people and
18 the citizen of Florida the knowledge and the -- and
19 provide them with leadership and -- the motivation as
20 Michelle said, changing one human being at a time; it
21 can be powerful.

22 I also believe that we are better working
23 together than out there individually. So, Governor

24 Crist, I thank you for this wonderful opportunity.

25 And I want to also thank you for the personal hard

1 work you did on the Physical Education Bill. I know
2 there's a big tall Governor over there in California,
3 but no governor in this country's history has ever
4 made such a strong effort on behalf of physical
5 education than the one sitting before us today, and I
6 thank you very much.

7 MS. RUMBURGER: Well, I want to thank you too.
8 My name is Mary Rumburger. And I want to thank you
9 for the opportunity to serve. I am the community
10 relations director for -- and consultant for
11 Providian Eye Institute in Orlando. And the majority
12 of patients that this group of ophthalmologists meet
13 are diabetics. And I have to believe every time I am
14 there that these people could have had a difference
15 made in their lives at a younger age had they been
16 able to have access to what hopefully we're going to
17 accomplish here.

18 My community focus for the last 20 plus years
19 has been with the YMCA. So I have also been very
20 privileged to be a part of helping fashion programs
21 for children and families that have made a difference
22 in their lives through health and wellness and safe
23 harbor for them. And so this is sort of the next

24 step for me, and I'm very privileged again for being
25 here and thank you for the opportunity. I know it's

1 going to be a wonderful experience and committee.

2 Thank you.

3 OFFICIAL ANNOUNCEMENT OF CO-CHAIR
4 and CHAIR/CO-CHAIR DESIGNEE

5 MR. BROOKS: Thank you. Thank you, fellow
6 Council members, for introducing yourself. As you
7 can tell, we're very diversified professionally as well
8 as personal testimony to this problem. So I think
9 we're well equipped for the task at hand.

10 Now I would like to make an announcement with
11 regard to my position as chair. No tears. I'm not
12 leaving. But during this time of the year, I'm a
13 little busy, to say the least. And the Governor and
14 I, we both discussed the busy schedule that I have
15 and we're pleased to announce right now that Shannon
16 Miller, who is in my opinion, along with many others,
17 the most decorated Olympic gymnast in United States
18 history. She's won seven Olympic and nine world
19 championship medals. She's agreed to take the
20 position as co-chair to our Council.

21 So at this point, I would like Shannon to
22 step to the podium and share with us, in her opinion,
23 her vision here for the Council. Shannon.

24 MS. MILLER: Thank you. Thank you, Mr. Brooks,
25 and thank you, Governor. This is a wonderful

1 opportunity. I am so excited to be co-chair of the
2 Governor's Physical Fitness Council. I am just
3 honored. And, Governor, I want to thank you, because
4 I think one of the things we need is leadership. We
5 need to have people that we can look to in the
6 community, around the state, around the nation,
7 around the world, that we can say, okay, we're not
8 just talking about the problem, that we are walking
9 the walk. They are leading by example. And
10 obviously our Governor here in Florida does exactly
11 that. So thank you.

12 We are certainly led by his passion for
13 helping Florida become an even stronger, even
14 healthier state, and we're not talking about just the
15 youth. Certainly we want to focus on the future of
16 Florida but absolutely we want to include and focus
17 on the young and the young at heart here in Florida.
18 We want everyone to be healthy and happy and have the
19 opportunity to benefit from different programs and
20 learn about healthy living and a healthy lifestyle
21 through physical education as well as good nutrition.

22 A little bit about me and why I'm involved.
23 I'm obviously very active, or at least I was. I

24 still try to be active. But I was raised in a family

25 where my mother was extremely active. Before things

1 like -- where there weren't that many opportunities
2 for women. But her dad was a military man and her
3 and her brother would go out every morning and they
4 had to do X amount of push-ups, X amount of pull-ups
5 and the 200 yard dash. She had to be up with her
6 brother. There was no, Oh, you're a girl. You could
7 do a little less. So I learned from that.

8 One of the other things that struck me when I
9 was very young is I was actually born extremely
10 pigeon-toed. So my legs were completely turned in
11 and the doctor said that I would never walk. So my
12 parents, well, they decided they didn't like that
13 opinion so they went to somebody else. And the next
14 doctor she said, Well, you know, she'll walk but
15 we're not sure how well. But let me put these braces
16 on her legs and see if we can get them a little bit
17 more turned so she can walk fairly normally.

18 I wore the braces on my legs for about six to
19 eight months. Meanwhile, my older sister is running
20 around, jumping and getting into ballet, and I wanted
21 to stay up with her. So I was crawling around with
22 these braces trying to pull myself up, and lo and
23 behold, they took the braces off and I was pretty

24 good to go. So I got started in ballet and tried to

25 keep up with her. And obviously without the benefit

1 of sports, without having physical activity in my
2 life, who knows where I would be at this point. It's
3 certainly not doing balance beam on a piece of wood.
4 So I attribute that to my parents, number one, never
5 believing in the impossible and never saying never
6 and always telling me and leading for me that there
7 are no limits; that we can achieve anything that we
8 want to do. And I believe that's where the Council
9 comes in. We can achieve our goals of having a
10 healthy Florida. Each and every person in Florida.
11 I think 18 million was said, so we have a lot of
12 people to go. But I think we can do it.

13 And since I've finished competing, I have
14 become very involved in children and getting them
15 physical activity through camps for all different
16 sports, as well as my foundation which is dedicated
17 to fighting childhood obesity; it is an enormous
18 problem. The statistics today are staggering. In
19 Florida alone, it is estimated 60 percent of the
20 adults are either obese or overweight and 25 percent
21 of high school students, high school students, are at
22 risk of being obese or overweight; that can't happen.
23 It's way too much and we need to stop it now.

24 And I think this Council is going to be
25 extremely dedicated. We're very passionate about

1 what we believe needs to happen in the state. And I
2 am for one looking very forward to talking to each
3 and every one of you and just tossing around some
4 ideas. I think at this point we have a lot of great
5 brains in the room, and I think we have a long way to
6 go, but Governor Crist is leading the nation in this
7 leap and right direction and I'm excited to be a part
8 of it. Thank you.

9 GOVERNOR'S ANNOUNCEMENT

10 GOVERNOR CRIST: I have an announcement I have
11 to make. It's been great being Governor -- no, just
12 kidding. I have to go back to Tallahassee. And I
13 just want, before I go, to thank you all.

14 As I said, you're going to hear some great
15 testimonials, and I wish I could stay for them but --
16 Derrick and Shannon, thank you so much. And all of
17 the members, I was riveted to hear your stories, each
18 and every one of them. And it's all heartfelt and it
19 means so much that you have chosen to give up your
20 time to help Florida leap forward to the future and
21 continue to do so well and be the leader that I know
22 she is. So God bless you and thank you again. Have
23 a great meeting.

24

HOUSEKEEPING MATTERS

25

MR. BROOKS: Jeannie has some housekeeping

1 matters.

2 MS. HEFELFINGER: Just as a reminder to everyone
3 that this meeting, comprised with the Government in
4 the Sunshine laws in Florida; it is being videotaped
5 and there will an opportunity for public comment.
6 And during this transition here, if you would like to
7 provide public comment, we'd ask that you go fill out
8 a public comment card in the back.

9 Ann, waive. She has public comment cards.
10 If you would like to fill them out, we'll be taking
11 public comments after the speakers. Thank you.

12 INTRODUCTION OF SUCCESS STORIES

13 MR. BROOKS: Okay. Thank you, Shannon, for
14 personally sharing your vision with us as you become
15 my -- I guess, my right arm and left during this time
16 of the year in leading the Council. And I hope the
17 Council members feel that you'll be well represented
18 between Shannon and myself in getting things
19 accomplished, because I think our passion and our
20 hearts are in the right place.

21 With that being said, we would now like to
22 hear some personal testimonies from some invited
23 guests. Our first guest is David Latu. David has

24 been with the Special Olympics for six years and

25 competes in four sports. Wow. David has many global

1 messages. He served as a past chair of the
2 Olympics -- excuse me, of the Athlete Leadership
3 Council in Lee County and has been a representative
4 to the Special Olympics -- excuse me, Special
5 Olympics Florida Athlete Congress for two years.
6 Please join me -- and, David, please join us on the
7 stage at the podium. A round of applause for David.

8 MR. LATU: Hello. It's a pleasure to be with
9 you this afternoon. Thank you for the opportunity to
10 speak to you about the Special Olympics Healthy
11 Athletes programs and screenings.

12 This year, the Special Olympics theme is
13 "Ignite Your Spirit." I hope today to ignite your
14 spirit of understanding and support of Special
15 Olympics.

16 My name is David Latu and I live in Cape
17 Coral. I'm 22 years old, and I am a Special Olympics
18 athlete and global messenger. I am also a Florida
19 athlete to the 2006 and 2007 Congress. Presently I'm
20 assisting in the area athlete leadership training.
21 Special Olympics is a competitive athletic program
22 with people with intellectual and developmental
23 disabilities.

24 Let me tell you what is unique about Special
25 Olympics. In Florida, programs are administered

1 county by county from Special Olympics Florida State
2 offices. Collectively, Special Olympic Office 24.
3 You might be surprised that we train Alpine skiing on
4 the East Coast. Athletes can train as early as six
5 years old and compete from eight to lifespan. In the
6 not-to-distant future, Florida will have programs for
7 three- to six-year-olds.

8 Special Olympics is a year-round competitive
9 sport training, certified by certified coaches who
10 are also knowledgeable in disabilities. We follow
11 global and international rules of sport. Special
12 Olympics is not a rusted program. Each sport trains
13 for a minimum of eight weeks. Athletes warm up,
14 stretch, practice and cool down. Athletes are
15 divisioned by age, gender and ability to compete in
16 county, area and state games.

17 My favorite unique thing about Special
18 Olympics is it is free to all athletes. Training
19 facilities, equipment, uniforms, travel, food, hotel
20 and entertainment are all included. Currently, I
21 compete in bowling, cycling and swimming. In the
22 past, I participated in track and field where I was a
23 runner for two years, as well as a bocce player. I

- 24 hold numerous medals and ribbons in all of these
- 25 sports. I play tennis and golf, but not in Special

1 Olympics because the practice times we are given are
2 way too hot in southwest Florida.

3 I mentioned that I am a congressional
4 delegate. In 2006, one topic we discussed brought to
5 a vote, affirmed by issues and indoctrined by our
6 state board of directors, was healthy lunches at all
7 competitions and meetings. This added to already
8 existing healthy athlete initiatives and screenings.

9 My role as an athlete leader was to return
10 home and share this message with my fellow athletes
11 in my county, which I did. I was personally
12 motivated to put a healthy lifestyle into practice.
13 You see, I lost a gold by one-tenth of a second at
14 the state aquatic games; it dawned on me that if I
15 was healthier and more fit, I would win the gold.

16 As soon I came home from the games, I sat
17 down with a dietitian. She taught me a few simple
18 things. Her recommendations were fairly simple.
19 Learn which fats are good fats and which ones are
20 bad. Eating more fruits and vegetables was
21 important; that was really hard for me to do. I am
22 autistic and have serious oral sensitivity. I did
23 slowly begin to eat the things I needed and not what

24 I wanted. I added milk products to my diet and tried
25 healthy foods that I had never eaten. I surprised

1 myself and I liked these new foods. Eating mainly
2 carbohydrates and simply cutting them isn't healthy
3 and doesn't work. I need a healthy and balanced
4 diet. In 11 short months, I have lost 47 pounds.

5 Presently I'm training for aquatics and won
6 three blue ribbons in area games. I feel confident
7 that I can find that one tenth of a second to win the
8 gold. Oh, and, by the way, other Special Olympic
9 athletes in our county have lost lots of weight
10 through our programs. In fact, the women got the
11 idea and did well. The men are another story.

12 Our county is presently developing a program
13 to attack this problem. Special Olympics is greatly
14 involved assisting athletes to be as healthy as
15 possible. Persons with intellectual and
16 developmental disabilities have a 40 percent greater
17 risk of preventable secondary health conditions such
18 as obesity, poor fitness, nutritional deficit,
19 untreated or poorly treated vision, dental, hearing
20 and podiatric problems. These disparities in
21 healthcare result from lack of access and ability to
22 pay for services.

23 Special Olympics Healthy Athletes developed

24 in 1996 began to address these health disparities.

25 Healthy Athletes is a program to learn to help

1 Special Olympic athletes improve their health and
2 fitness with the willingness to enhance sports
3 experience and previous well-being.

4 The mission of Healthy Athletes is to improve
5 athletes' ability to train and compete in Special
6 Olympics. Athletes receive a variety of health
7 screenings and services in a series of clinics
8 conducted in a welcoming, fun environment.

9 Healthcare professionals and students are trained to
10 provide the screening in an effort to educate the
11 professional community about the health needs and
12 abilities of persons with intellectual and
13 developmental disabilities.

14 Statistics of poor health among Special
15 Olympics athletes are staggering. Did you know that
16 1 in 50 professional healthcare givers have had no
17 formal training or any practical experience in
18 examining and caring for people with intellectual
19 disabilities. Let me share a few of these
20 statistics. Thirty-three percent of athletes have a
21 serious eye condition. Thirty-three percent of
22 athletes have untreated tooth decay. Forty-three
23 percent have gum disease. Sixty percent have

- 24 inadequate calf strength ability for activity.
- 25 Thirty percent of athletes screened indicated

1 potential hearing loss. Fifty-six percent of
2 athletes have unmarked index of 124 indicating
3 obesity. Thirty-seven percent of athletes associated
4 with deformities have untreated nail fungus. Healthy
5 Athletes screenings are provided free of charge
6 through our Special Smiles, Fun Fitness, Opening
7 Eyes, Medfast Healthy Promotions, Healthy Hearing and
8 Fit Feet programs. Outcomes of the screening are
9 given to the athlete to take home so healthy needs
10 can be addressed in their community. This year at
11 state games, 1,600 athletes were screened; that may
12 seem like a high number. In reality, we have over
13 15,000 athletes statewide.

14 Special Olympics is in the process of
15 providing screenings at area games. I myself
16 discovered I had three areas that needed attention.
17 Our 2007 Congress revisited smoking and tobacco use
18 issues. From this, our Special Olympic athletes who
19 smoke are trying to quit. Stay tuned for the status
20 on that. It's obvious from our interest in health
21 that Special Olympics does not allow alcohol near or
22 on practice or competition fields.

23 I hope the message I shared with you today

- 24 helped increase your awareness and understanding of
- 25 Special Olympics as well as our Healthy Athlete

1 initiatives and screenings and invite your support to
2 Special Olympics Florida. Thank you.

3 MR. BROOKS: Thank you again, David. For
4 someone that's been involved with Special Olympics
5 not only here in Tampa but with Special Olympics in
6 Tallahassee, it warms my heart. They couldn't have a
7 better theme, "Ignite Your Spirit"; that theme really
8 applies here to Council because, again, we need your
9 experience to make sure we tackle this childhood
10 obesity problem.

11 Next I am going to ask Chris Brito -- did I
12 say it right, Brito?

13 MR. BRITO: Sure.

14 MR. BROOKS: Close enough? All right. I would
15 invite Chris to join us here on stage for a
16 testimonial.

17 Chris has lost 77 pounds during his journey
18 on healthy living. He was on Shaq's Big Challenge.
19 While on the show, Chris learned how to eat healthy
20 and be physically fit. And now he's an advocate for
21 healthy living. Come join us, Chris.

22 MR. BRITO: Hello, everybody. Thank you,
23 Mr. Brooks. Thank you, Ms. Shannon Miller, for

24 having me here today to speak to you guys about my
25 story of losing 77 pounds at the age of 12 years old.

1 Ten months ago, I weighed 206 pounds and was
2 basically eating myself to an early grave. But then
3 I met Shaq and a whole team of people who taught me
4 how to eat healthy, exercise and get healthy. At
5 first it was hard for me to give up all my southern
6 foods like the Cuban meals I used to eat all the
7 time. But when they gave me the (inaudible) -- I
8 stand before you at a healthy 130 pounds. Knowledge
9 is power. Kids need to know the right way to eat and
10 the right way to exercise and make these changes now
11 so they can carry it through adulthood and in turn
12 pass it onto their children.

13 I hope I've inspired millions of kids to
14 change and take a step in the right direction and
15 make their lives for the better. Thank you.

16 MR. BROOKS: Thank you, Chris.

17 Now please join me in welcoming John Scully.
18 John is a founding member of Project GYM -- G-Y-M.
19 Getting Youths Moving and community problem solving
20 team. Last year the team focused on GYM, a youths
21 wellness at Bunnell Elementary School in Flagler
22 County. And now this year, they've begun
23 negotiations with the Japanese schools to expand

24 their project internationally. John.

25 MR. SCULLY: First off, I would like to thank

1 you, the Council, for having me here to talk about
2 our project.

3 As Derrick Brooks told you, my name is John
4 Scully. And I'm currently a senior at Matanzas High
5 School in Palms Coast, Florida. I've been asked to
6 speak to you about a youth-based community
7 problem-solving program in which I was a member.
8 Project Get Youths Moving, or as we like to call it,
9 Project GYM. First let me explain a little bit about
10 community problem-solving.

11 Community problem-solving is a component of
12 the international future problem-solving program.
13 This program was created to problem-solving -- future
14 problem-solving and community problem-solving
15 stimulates critical and creative thinking skills and
16 encourages us to develop a vision for the future.

17 The process is a series of logical steps such
18 as identifying problems in a community, finding an
19 area of concern, brainstorming possible solutions for
20 this area of concern, narrowing down the best
21 solutions and developing a plan of action and then
22 implementing that plan of action.

23 Let me read you some of the research that

24 helped us decide our main area of concern. After
25 hearing this, I'm sure you'll agree that we made the

1 right choice. From the American Obesity Association
2 about 15 and 1 and a half percent of adolescents and
3 15 and one-third percent of children are obese. The
4 increase in obesity among American youths over the
5 past twenty years is dramatic. Additional research
6 by the American Obesity Association shows the
7 prevalence of obese children in the United States has
8 more than doubled in the last 20 years while obesity
9 in adolescents has more than tripled.

10 A longevity researcher from the University of
11 Illinois stated within 50 years, obesity will likely
12 shorten current average lifespan of 77.6 years by at
13 least two to five years; that's more of an impact
14 than cancers or heart diseases. After hearing those
15 startling statistics, we targeted childhood obesity
16 in our community and to increase youth participation
17 in wellness by seeing that foundations of a healthy
18 lifestyle are established. Funds for such as
19 football, baseball and basketball are traditionally
20 the only opportunities for young children to
21 exercise. Many children do not participate in these
22 sports for many different reasons such as: They
23 cannot afford it due to equipment costs, they are

24 intimated by it or they just don't want to be outside

25 in the 100 degree heat. Because of this, our team

1 decided to approach this academically by -- childhood
2 obesity from a different angle. We implemented a
3 three-prong attack encouraging healthy eating, fun
4 walks and other activities and actually providing a
5 youth gym with youth-sized gym equipment to the
6 units.

7 To encourage healthy eating, we produced and
8 distributed child friendly nutrition recipes. At a
9 youth basketball gym, we provided alternatives to the
10 normal served snacks with healthy snacks such as
11 pears, apples, mixed nuts, peanut butter and bottled
12 water.

13 During the holidays, we held a walk with
14 Santa at the high school. Our superintendent of
15 schools, Bill Montford, graciously agreed to put on a
16 Santa suit and walk around the track with 100
17 children. We also had other school clubs such as
18 National Honor Society, FFA and, of course, a petting
19 zoo, songs and face painting around the track; it was
20 a great way to show children that physical activity
21 was fun and rewarding.

22 Our most significant and challenging step was
23 to create the gym for children. We sought help from

24 the community, Janet Riley who became an important
25 mentor to Project GYM. Recently, Ms. Riley had

1 attended a Youth Empowered Ambassador to Health also
2 known as YEAH and conference put on by the Florida
3 Department of Health. With their guidance and help,
4 they supported us when we talked of turning this
5 great idea into an actual gym. I mean, after all, we
6 are a bunch of teenagers.

7 First and foremost, we needed to find a
8 suitable site for our youth gym. We decided that it
9 would be most cost effective to refurbish an existing
10 building rather than restarting from the ground up.
11 We believed that we had found that perfect site when
12 a local swim racket club told us that they had a
13 building available. But after meeting with the
14 county construction manager, he warned us that the
15 building would not meet safety code requirements. So
16 we were little disappointed, but we pressed on.

17 Meeting with the county construction manager
18 again, he suggested two more possible sites. One had
19 air conditioning and one did not. Of course, we
20 decided to go see the air-conditioned site first
21 because it was Florida. Immediately right when we
22 walked in, we knew that this was the site for our
23 youth gym. The building happened to be on the campus

24 of the local elementary school. What better place to
25 have a youth gym. We began meeting with the head of

1 the county facility department, along with a local
2 architect and two interior designers. When we told
3 them we were combating childhood obesity, they
4 donated time and immeasurable resources to Project
5 GYM.

6 At this point, our team participated in
7 conference calls to the Florida Department of Health
8 where we detailed our project and received their
9 support. The support along with our group added
10 credibility to our cause, because we are a bunch of
11 teenagers. Before we started this project, we needed
12 approval from the Flagler County School Board. We
13 presented our project to the school board, and they
14 donated the use of the whole building to our project.
15 We also attended a meeting to get the support of the
16 city. As well as -- we got the support and also they
17 donated a large significant amount of money to our
18 project.

19 When we then began to design the actual gym
20 and our team agreed on a jungle theme, experienced
21 artists began murals for the walls and we began
22 deciding on carpet colors, ceiling tiles, window
23 treatments and even the centerpiece of the room; a

24 giant tree in the middle of the gym. We needed money

25 for this and a lot of it to transform our gym. We

1 decided to invite community leaders and
2 businesspeople to our first stakeholders meeting.
3 With the help of our architects, which created a
4 series of display boards to help us develop our
5 goals. We also created a board displaying our
6 project to date and detailing what the community
7 could do to help support Project GYM.

8 This very important stakeholders meeting
9 allowed us to introduce Project GYM to the community
10 and to get support from the community. As result of
11 this meeting, we received financial support. For
12 example, a furniture company donated all the
13 furniture for the reception area of our gym, and a
14 construction company made us ADA compliant for free.

15 I believe if you total up all of the monetary
16 donations, the kind of donations and the cost of the
17 building and site, our support from the community
18 would be in an excess of a quarter of a million
19 dollars easily.

20 So, we finally got to work on the building.
21 Many of us worked after school and on the weekends to
22 refurbish and assemble the youth equipment that we
23 ordered. Around this time our team was provided, by

24 the Department of Health, to present Project GYM in
25 Tallahassee for a week in March. We set up our

1 project on the capitol steps and were one of the two
2 projects presented at a press conference for the
3 news.

4 Many of our group members were seniors, so we
5 worked hard to have the gym completed and opened
6 before they graduated so they could see their hard
7 work come to completion. Also local artists donated
8 their time and skills to help put finishing touches
9 on the murals on the gym walls. We also had a grand
10 opening in late May that was attended by over 100
11 people; it's also important to note that not only was
12 that obviously a worthwhile effort and cause, but we
13 also got to present our project in a formal
14 competition against community problem-solving groups
15 all around the world. So that all the hard work, our
16 normal classwork and school obligations and the
17 community problem-solving process, we created a
18 scrapbook and display boards and PowerPoint.

19 Our team was judged on all those aspects
20 along with a personal interview. Our team was
21 awarded first place in the State of Florida. Then we
22 traveled to Colorado State University in early June
23 for the international competition. During that

24 competition, we won first place in the health and
25 human services category. I can tell you, all the

1 projects there, I was impressed with them all.

2 As a group, we wanted to ensure that our
3 youth gym would be around for a long time to benefit
4 the children of our community. The 21st Century
5 program, which helps schools and underprivileged
6 communities, agreed to staff our gym after school
7 hours. The gym will not only be opened to the
8 students at the elementary school, but students
9 around the town.

10 We also found a class of fifth-grade
11 students eager to adopt Project GYM as their own.
12 Imagine that, our project would continue on through.
13 Also in our community there are two more youth gyms
14 being constructed right now using Project GYM as
15 their model. We are very proud. Even though I've
16 played probably every organized sport under the sun,
17 I am mostly proud of this gym because it gives every
18 kid an equal opportunity to be healthy. And kids
19 will not have to feel pressured.

20 The gym can be used as the kids own little
21 getaway and be comfortable in his or her surroundings
22 and that will hopefully motivate that child to have
23 fun and be active in this gym and in their lives.

24 Thank you for this opportunity and your time.

25 MR. BROOKS: Thank you, John, I appreciate your

1 story.

2 Now, I was just told Council -- do you guys
3 have any questions to our -- that you would like to
4 ask of our three kids?

5 I've got one. I'll start. Can you tell
6 people how long Project GYM -- how long did it take
7 you guys?

8 MR. SCULLY: We got started -- as a group, we
9 have a CPS code, so we meet at the beginning of the
10 school year and we decided to go with this idea. So
11 it took us a school year to get this all done.

12 MR. BROOKS: Impressive.

13 MS. HOGSHEAD-MAKAR: I was going to ask -- like
14 what is being done to make sure that the gym is being
15 used.

16 MR. SCULLY: Actually, during the summer they --
17 well, during the summer they had -- we were running
18 summer camps through the gym like -- because there's
19 also tennis courts and a field right behind the gym
20 area. So they were right behind the gym, that area.
21 And the school year, the PE classes, a couple days a
22 week, are going to be run in that gym.

23 MR. GARCIA-BENGOCHEA: Chris, I'd like to ask

24 you a question. You lost how many pounds?

25 MR. BRITO: Seventy-seven.

1 MR. GARCIA-BENGOCHEA: Wow. You were 12 years
2 old; did you use a particular diet? Did you have to
3 change a lifestyle; in other words, eliminated
4 certain activities, change schools? Did your parents
5 help you go through this? I mean, that's a
6 tremendous thing at your age to have that kind of
7 discipline.

8 MR. BRITO: Well, mostly it was -- pretty much a
9 lot of the support came from my parents. So I
10 wouldn't have made it as far without my mom and my
11 dad here. I didn't have to change schools or
12 anything like that. I had a pretty hard core diet.
13 Like a lot of whole wheat stuff and lots of fruit. I
14 never usually ate anything. I never had been to the
15 gym before and this just like totally changed the way
16 I lived.

17 MR. GARCIA-BENGOCHEA: So what are you doing
18 now? I mean, most people diet and get to their
19 target weight and all of a sudden, "Now what do I
20 do."

21 MR. BRITO: Well, after the program, I actually
22 started football. So since I don't have football
23 practice, on the weekends I go to the gym with my

24 dad. And if I'm not at the gym, I'm in football with
25 full pads, so that keeps the weight at 130 pounds.

1 MR. GARCIA-BENGOCHEA: My producer was asking,
2 how do you feel now? How do you feel now? Can you
3 tell a difference in how you feel?

4 MR. BRITO: Oh, yeah, I definitely -- I can keep
5 up the kids with practice. I can hit harder and run
6 faster. So I'm a lot better at different sports now
7 since I've gotten smaller.

8 MR. GARCIA-BENGOCHEA: That's remarkable. And
9 it gets a lot harder the older you get.

10 MR. McCORVEY: Just the passion -- I mean, not
11 the passion of the kids have as far as wanting to
12 make a change in their lifestyle where they were
13 before they made things but also the resources they
14 were able to find. And a lot of those kids right
15 here, Shaq and people within this community can help
16 them to make the changes necessary. And I think
17 that's the kind of -- what we are here for is to put
18 more kids in connection to the resource to make the
19 change to be successful run true to why we are in
20 existence right now to help them form their position
21 to achieve the goals they have themselves.

22 MR. MONTFORD: We talked about role models
23 today. These three young people are real good role

24 models. And, John, I would like to ask you if you
25 can just tell us a little bit more about your project

1 in terms of this system that you got outside the
2 school system from the Parks & Recreation or local
3 organizations because that was a tremendous
4 undertaking.

5 MR. SCULLY: Well, outside the school system we
6 had a very supportive coach and teacher. She was
7 able to steer us in the direction of who to go talk
8 to, such as the architect or the county, the two
9 interior designers. Actually, one of the interior
10 designers was a student in our group's mom. So we
11 also had help from family members. We also had a
12 local shop, including a local bike shop donate
13 youth-size bikes. And so we pretty much went to a
14 bunch of areas and groups and presented our idea and
15 hoped we would get their support and most of the time
16 we did.

17 MS. VIAMONTE ROS: Congratulations to the three
18 of you for your dedication to the program that all
19 three of you participated in. I had a question for
20 David. You said that one of the things that
21 motivated you most was the aquatic sport that
22 you lost by one second --

23 MR. LATU: One-tenth of a second.

24 MS. VIAMONTE ROS: One-tenth of a second. What
25 do you think would be the best way to --

1 MR LATU: That if you could swim -- keep going
2 and don't stop. Don't stop. You do have to keep --
3 just be able to keep going and don't stop and don't
4 give up and think gold while you're in that pool.
5 And, remember, if you want to win, keep your focus on
6 the water -- on your water. Don't look like this or
7 this or this. Look straight.

8 UNIDENTIFIED SPEAKER: Chris, did your weight
9 loss have an effect on your self-esteem about
10 yourself?

11 MR. BRITO: Of course, when I go to places now,
12 I feel more confident to do what I want and be more
13 outgoing. I talk to more people. I try to be more
14 friendly with people.

15 MS. BRANTLEY: I'm really, really proud of you.
16 How about your whole family?

17 MR. BRITO: Yeah, he's dragging me to the gym
18 now.

19 DR. SCHAECKER: What is the individual level of
20 participation in the Florida Schools and Special
21 Olympics with -- what are the issues in terms of
22 getting the word out in terms of families who can use
23 it and maybe other ways we can use children's

24 medicine for other resources to help you in that?

25 MR. BRITO: Like what?

1 DR. SCHAECTER: For children's medical services.
2 With lots and lots of children with disabilities, do
3 enough of the kids out there know that they can
4 participate in Special Olympics?

5 MR. BRITO: No.

6 MS. BRITO: I'm his mom and I'm his speech
7 coach. And in the area in Special Olympics, one of
8 the goals that they are having right now -- we are
9 having a reaching-out program to explain the Healthy
10 Athletes -- we are -- unfortunately, in our county,
11 only some of you don't know that Special Olympics
12 needs to have a physical before they can participate.
13 Insurances do not pay for healthy -- for athletes'
14 physicals; that is the major block right there. But
15 what we've done is reached out to the community, to
16 our physicians, who are now generously giving
17 physicals that we need for the athlete that can't
18 afford it.

19 And we're just beginning to see this move in
20 Florida; it is just beginning to involve the medical
21 community and we're finding great success with the
22 volunteer effort from that. A lot of what we're
23 finding is they don't know the need is there. When

24 we explain it them, they are more than willing to

25 help us.

1 MS. SHERIDAN: Throughout your presentation you
2 made the comment, because we were only kids. I have
3 to assume that people did not take you seriously when
4 you got started. Were they quite surprised when you
5 were so successful?

6 MR. SCULLY: Yeah. Starting off, we had trouble
7 getting support from local groups and groups around
8 the state and county. But once we got the Florida
9 Health Department to back us, it helped us out a lot
10 with our credibility and we were able to show them
11 that we were going to do this. And further along, we
12 got a lot of support.

13 And, yeah, I think we did surprise a lot of
14 people.

15 MR. RAPP: That concept is momentum and we
16 should be looking for the things that are good in the
17 state and latch onto that. And, David, did I get
18 this right you said don't stop, keep going?

19 MR. LATU: Yes.

20 MR. RAPP: Is that how you said it?

21 MR. LATU: Yes.

22 MR. RAPP: Well, let me echo that and say that
23 should happen until the day everybody dies. Keep

24 going.

25 MR. LATU: Yes.

1 MR. RAPP: Good.

2 MR. BROOKS: Any more comments?

3 All right. Thank you kids for answering our
4 questions. Thank you for your personal testimony.
5 Really, you've been an inspiration so far and
6 obviously our Council, the message that you guys set
7 before us today is something we'll take into
8 consideration. I appreciate you guys coming forward
9 and sharing with us.

10 Now I'd like to turn our meeting over to
11 Jeannie for public comments.

12 PUBLIC COMMENT

13 MS. HEFELFINGER: At this time, we have 15
14 minutes set aside for public testimony. The speakers
15 will be called in the order that they signed in.
16 When your name is called, please step up to the front
17 of the stage right now in the middle there, and
18 you'll be able to address the Council.

19 Time is allowed equally for all speakers
20 wishing to speak. Each presenter has three minutes.
21 Speakers may address the Council; however, the
22 Council will not be available to question and answer,
23 as this is a public testimony only. And as a

24 reminder, a complete transcript and meeting minutes

25 will be posted to the web at

1 www.healthyfloridians.com after the meeting.

2 At this time I'd like to call up the first
3 person for public comment. Patricia Houston, will
4 you please come to the front.

5 Okay. Next person, Ann Siegel.

6 MS. SIEGEL: My name is Ann Siegel. I thank you
7 for the opportunity to speak with this Council. I'm
8 very -- bear with me. I have had an idea that has
9 been dear to me for many, many years. And when I saw
10 Governor Crist push for PE again in our schools, I
11 saw an opportunity to express this idea to all of
12 you.

13 I am very passionate about this because I am
14 a mother. I have a 21-year-old daughter who is -- an
15 example by this -- I mean, that girls will be more
16 fit with this program. However, they are still --
17 they can still be the object of attacks and my idea
18 would be to introduce the notion of self-defense in
19 physical education. See, by self-defense, I don't
20 mean martial arts or black belt. I say the notion of
21 self-defense. Being able to divert an attack. Being
22 able to make a gesture that will surprise the person
23 who attacks you so that you can flee. I think we all

24 are aware of the very large number of rapes on
25 campuses throughout the country. There are programs

1 that are created -- and I'm not here to push a
2 program. Certainly not. There are programs that are
3 created within the university, and they are usually
4 attended by freshmen. You know, young women in their
5 freshmen year. These programs are doing a great job;
6 however, they are filled to capacity and a lot of
7 these freshmen, young women, do not have the
8 opportunity to attend this program.

9 So my idea is to take this program and bring
10 them one notch down. Introduce them at the high
11 school level, at the junior or senior high school
12 level. One program I have in mind is a 12-hour
13 program that's also in 300 universities throughout
14 the country. It is called -- I wrote it down. Rape
15 aggression defense.

16 MR. BROOKS: Repeat that.

17 MS. SIEGEL: Rape aggression defense. RAD. You
18 will find it at FSU, you'll find it in Gainesville.
19 A few things. Twelve hours of physical education
20 during your junior or senior year in high school
21 could be absolutely life-changing and prevent the
22 assault, it would prevent rape, it would prevent --
23 it would be a life changing experience, and it is

- 24 only 12 hours. You need to take nothing more than
- 25 what your high school has to offer, which is mats in

1 the gym and maybe a coach who is specially trained.

2 This program, of course, is geared and
3 directed to women, but it can be, as well, extended
4 to boys. Just recently we had to witness a tragedy
5 in Virginia, with the killings in Virginia. Imagine
6 your freshmen if our college students were trained to
7 be able to avert some type of attack. Imagine the
8 feeling of empowerment. Imagine the trauma that
9 would be saved. Imagine the lives that will be
10 saved.

11 So this is my -- again, it is just 12 hours
12 within this program at USF University; not that I'm
13 pushing these, but to give you an idea of how little
14 time could be dedicated to help our young people.

15 MS. HEFELFINGER: Thank you. We appreciate your
16 comment.

17 MS. SIEGEL: Thank you for the opportunity.

18 MS. HEFELFINGER: The next card I have is Ron
19 Reynolds. Mr. Reynolds, you have three minutes,
20 please.

21 MR. REYNOLDS: I'll make it quick. Good
22 afternoon. I thank you all for your time.

23 My name is Ron Reynolds. And I'm working

- 24 with Barry Larkin, retired shortstop for the
25 Cincinnati Reds. We're looking to open a charter

1 school in Orlando Middle School. Basically physical
2 fitness, health and wellness. Barry is in Italy
3 representing baseball. He couldn't be here today.
4 He wanted to be here. He wants to be here to be a
5 part of this and help out.

6 I also work with 16 charter schools in the
7 State of Florida, and I'd like to offer those
8 schools, middle schools, elementary schools, to any
9 kind of pilot programs you have, any kind of pilots
10 you want to try out, we'll be more than happy to put
11 them in the schools right away and test them out for
12 you. And I thank you for your effort and your time
13 and appreciate it. Thank you.

14 MS. HEFELFINGER: Thank you, Mr Reynolds.

15 Our next speaker is Deborah Oaks.

16 MS. OAKS: Good afternoon. Thank you so much
17 for volunteering your time to be on this council.

18 I'm a nurse practitioner and the Florida
19 Nurse Practitioner Network actually asked me to
20 come -- as well, for my second reason for talking.
21 But to offer our support to all of you. We have well
22 over 12,000 nurse practitioners throughout Florida,
23 and we go from delivering babies to seeing pediatric

24 patients, to helping neurosurgeons, public health.

25 Even going through to help with people go to the next

1 life through hospice. So on behalf of all our nurse
2 practitioners, some of our biggest passions is
3 educating our public. Empowering our public to stay
4 well and to give them the tools. With greater than
5 60 percent of our population overweight or obese and
6 with an epidemic of diabetes in our society, we
7 really have to take these efforts.

8 My second message, though, is hopefully
9 challenging you to also have some initiatives in
10 corporate America. I am a nurse practitioner for JP
11 Morgan Chase health services, the third largest bank
12 in the world. And we have nurses throughout the
13 country that are doing health promotion initiatives
14 in the corporation. And as some of you have said,
15 parents are out there that are people that are 60
16 percent overweight and we're not seeing a plateau
17 yet. We're seeing a slow increase. We have yet to
18 reach that plateau stage. So please, in your
19 discussion, please institute some corporate
20 initiatives as well. Have a walk across Florida.
21 Challenge Citigroup and JP Morgan Chase to promote
22 the race. Do some of these fun, great activities.
23 It's got to be fun. You know, diet is a four-letter

24 word and exercise also may be more than four letters

25 but it still is a four-letter word in my opinion.

1 But you can make it fun. You can do dance. You can
2 do Salsa in the workplace. You can do Frisbee
3 tosses. There are so many things in the workplace
4 that we can do. If we can keep people healthy, we
5 can increase productivity. So thank you again. And
6 again the nurse practitioner network is here to
7 support you.

8 MS. HEFELFINGER: Thank you, Ms. Oaks.

9 Our last presenter is Heidi Katzin.

10 MS. KATZIN: Good afternoon. My name is Heidi
11 Katzin. About two and a half years ago, I opened my
12 business in Jacksonville, Florida. The name of the
13 business is That-a-Weight Kids. And we are a
14 weight-management program for children and teens.
15 What we do is we build nutrition programs
16 individualized for each of our members. We work with
17 kids like this every day, and we see results like
18 this every day; it is possible.

19 Our business was born out of major concern
20 and a major passion and it was developed by a local
21 pediatrician in Jacksonville, along with various
22 dieticians. We are thrilled that the issue of our
23 children's health has made it to this venue. This is

24 enormous. Until you have sat across from a child who
25 is actually suffering from effects of obesity, only

1 then can you possibly understand how severe this
2 epidemic is. We have reached out to the public
3 schools. We have been pushed away. We have a
4 successful program. We've worked with over 300 kids,
5 and we have an 85 percent success rate. For those of
6 you who work with children, you know when you work
7 with children, an 85 percent success rate is huge.

8 When we first opened, we had hoped for a 50
9 percent success rate and we were laughed at to even
10 aim that high. And now we have an 85 percent success
11 rate and 100 percent success rate for those who hit
12 their actual maintenance goals. We're very proud of
13 this fact.

14 I welcome the opportunity to speak to each of
15 you about what I have learned working directly with
16 these families, working directly with these children.
17 We have developed a wealth of knowledge. We know the
18 challenges these kids face every day in school,
19 outside of school and in the home. We talk to them,
20 we counsel them, we teach them. We teach them about
21 nutrition; we are not a diet.

22 So I offer my services in any way that we can
23 help because we are extremely excited to see what's

24 happening here. We are a very small piece of the
25 puzzle. We're trying to grow in reaching out across

1 the country, and we're getting a great response. So
2 please call on us if we can help in any way. And I
3 commend all of you, all of you, because I know you
4 all have absolutely no time to give, for giving your
5 time to this. And I challenge you to meet some of
6 the children that suffer daily with this. And that
7 effect, I promise you, will motivate you to move on
8 this with program. So congratulations and I hope to
9 get involved on a bigger level.

10 MS. HEFELFINGER: Thank you, Ms. Oaks.

11 At this time I would open this up again to
12 Patricia Houston if she's in the audience?

13 UNIDENTIFIED SPEAKER: She left.

14 MS. HEFELFINGER: She left? All right. Thank
15 you.

16 At this time, Mr. Chairman, we are finished
17 with public comment.

18 CLOSING REMARKS

19 MR. BROOKS: Thank you. First of all, I too
20 took that self-defense class at Florida State. I
21 didn't have to use it -- but a big fellow like me, I
22 did have to take it; and it was very interesting how
23 little did I know some small things that I could do

24 really to have knowledge within myself. I actually

25 kind of showed my sister, who was smaller. I showed

1 her a few moves; don't use them on me.

2 But thank you guys for your public comment.

3 I want to thank all in attendance today. Your
4 testimonies -- the personal testimonials, and public
5 comment. I would thank you guys for attending a very
6 diverse group. And as you guys can see, we're very
7 serious about promoting nutrition and physical
8 activity here in the State of Florida.

9 Nutrition is not all about diet, as we
10 learned today; it's about how you eat and when you
11 eat and what to eat; it's about a mental state. As
12 we had testimony here, it's all about your awareness.
13 You know, your self-preservation and health living in
14 terms of business -- you know, could make better
15 employees. On top of that, we as adults, you know,
16 we have to be models. We are the Council. We have
17 to set the example. You know, even a child that is
18 30 pounds -- the kids are going to hold him to it by
19 January. So we all have to set goals. And I want to
20 thank Shannon for personally taking on this
21 responsibility for hopefully -- Super Bowl is -- yes,
22 seven months -- in assisting me. And for Ms. Miller
23 attending today, I'd like to ask Julie to step aside

24 here because she made special arrangements to be here
25 today and we want to show you a small token of

1 gratitude.

2 (A toast to Ms. Miller on getting married.)

3 MR. BROOKS: With that, I will now bring our
4 meeting to a close. And our next meeting is
5 scheduled for tomorrow, August 24th, at the
6 DoubleTree Westshore at 9:00 a.m. to 1:00 p.m. We
7 will be joined by many special guests. Including
8 Representative Weatherford and Senator Constantine
9 will be joining us. And I want to thank you guys.
10 They're going to be joining us tomorrow. But I want
11 to thank you guys for joining us tonight. Have a
12 great night and we will reconvene tomorrow morning.
13 Thank you. God bless you.

14 (Council meeting concluded at 5:33 p.m.)

15

16

17

18

19

20

21

22

23

24

25

REPORTER'S CERTIFICATE
WITH ACKNOWLEDGMENT

STATE OF FLORIDA :
COUNTY OF HILLSBOROUGH:

I, Lisa Adkins, Court Reporter, certify that I was authorized to and did stenographically report the Governor's Council on Physical Fitness; and that the transcript is to the best of my ability and a true and accurate record of the meeting so taken by me.

Lisa T. Adkins