



PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION

ANNUAL MEETING AGENDA MAY 7, 2013

8:30 AM	Physical Activity Warm-Up	Junior Coaches, Playworks DC
9:30 AM	Housekeeping & Council Member Roll Call	Megan Nechanicky, PCFSN Staff Member
9:35 AM	Opening Remarks	Dominique Dawes, PCFSN Co-Chair
9:40 AM	Introduction of Dr. Howard Koh	Abbie Werner, Smith Middle School, Glastonbury, CT
9:45 AM	HHS Welcome	Dr. Howard Koh, Assistant Secretary for Health U.S. Department of Health and Human Services
9:55 AM	Priorities, Programs, & Progress	Shellie Pfohl, PCFSN Executive Director PCFSN Council Members
10:55 AM	Presentation of Presidential Champions Gold Medal Award	Dr. Stephen McDonough, PCFSN Council Member Representative Michael McIntyre (D-NC)
11:00 AM	Presentation of PCFSN Lifetime Achievement Awards	Dominique Dawes, PCFSN Co-Chair Dr. Howard Koh, Assistant Secretary for Health U.S. Department of Health and Human Services
11:15 AM	Instant Recess Tribute to Dr. Toni Yancey	Donna Richardson Joyner, PCFSN Council Member
11:20 AM	Science Board Update	Harold "Bill" Kohl, Science Board Member
11:40 AM	Introduction of Sam Kass	Bobby Sena, West Creek Elementary School, Orlando, FL
11:45 AM	<i>Let's Move!</i> Update	Sam Kass, <i>Let's Move!</i> Executive Director
11:50 AM	Youth Perspective Roundtable Discussion	Shellie Pfohl, PCFSN Executive Director PCFSN Council Members & Youth Participants
12:45 PM	National Foundation on Fitness, Sports, and Nutrition Report	Cindy Sisson Hensley, Senior Advisor, National Foundation on Fitness, Sports, and Nutrition
12:50 PM	Cheer for Physical Activity	Pop Warner Angels Cheer Squad, Albany, NY
12:55 PM	Wrap Up	Dominique Dawes, PCFSN Co-Chair
1:00 PM	Adjourn	ALL

NOTE: Meeting will be live streamed at www.hhs.gov/live



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OVERVIEW OF PROGRAMS

LET'S MOVE! ACTIVE SCHOOLS

The President's Council joined First Lady Michelle Obama to launch Let's Move! Active Schools in February 2013. The new initiative empowers school champions to help create early, positive physical activity experiences for kids and to integrate physical activity into kids' everyday lives. To learn more and to register your school as an *Active School*, please visit www.letsmoveschools.org.



PRESIDENTIAL YOUTH FITNESS PROGRAM



The President's Council worked with leaders in the field to create *one* national youth fitness assessment program that includes resources for physical educators to facilitate proper assessment, implementation and recognition for school-aged youth. A grant process in April allowed schools to gain access to FITNESSGRAM software, in-person professional development and individual awards for youth. Learn more at www.presidentialyouthfitnessprogram.org

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS MIDCOURSE REPORT

The Midcourse Report organizes findings and recommendations within five key settings that provide opportunities to increase activity among youth. The overall theme – “60 Minutes or More a Day Where Kids Live, Learn and Play” – represents the need to engage each setting in prioritizing physical fitness among for our nation's youth. The five settings include School, Preschool & Childcare, Community, Family & Home and Primary Care. Visit www.health.gov/paguidelines for more details.

PHYSICAL ACTIVITY OUTREACH INITIATIVE

PCFSN launched a national Physical Activity Outreach Initiative to educate parents and caregivers about the benefits of regular physical activity among youth as it relates to academic success. The initiative includes two television, two radio and four print public service announcement featuring PCFSN Co-Chairs Drew Brees and Dominique Dawes. Since their release in September 2012, the PSAs garnered nearly 280 million impressions through 51,000 placements in 44 states nationwide.

JOINING FORCES FITNESS INITIATIVE

The President's Council will continue to support the military by promoting healthy lifestyles to service men and women and their families. In support of this effort, the American Council on Exercise (ACE) and the International Health, Racquet & Sportsclub Association (IHRSA), have committed to 1,000,000 free personal training hours and 100,000 free gym memberships for National Guard and Reserve families. Get involved at www.fitness.gov/military



JOINING FORCES

I CAN DO IT, YOU CAN DO IT!



The I Can Do It, You Can Do It! program promotes physical activity opportunities and healthy eating options for Americans with physical and cognitive disabilities. The second phase of the program will launch on May 21, 2013.

PRESIDENT'S CHALLENGE

PCFSN engages millions of Americans in regular physical activity and good nutrition through the President's Challenge program. Through partnerships with over 300 President's Challenge Advocates, PCFSN continues to promote and encourage participation in the following programs:

- PALA+ (Activity + Nutrition)
- Champions Program
- Adult Fitness Test



Tweet with us [@FitnessGov](https://twitter.com/FitnessGov) using the #MoveInMay hashtag.

For more information on the President's Council, please visit www.fitness.gov