



National Association for Health and Fitness



NAHF National Office

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National Conference Promotes Healthy and Fit America!

Buffalo, NY; The National Association for Health and Fitness (NAHF) (www.physicalfitness.org) announced that its 30th Annual Conference "*States Unite for a Healthy and Fit America!*" will be held **April 26-28, 2007** at the Knott's Berry Farm Resort Hotel, **Buena Park, California**.

Declaring that the **States are "incubators of innovation" in addressing the challenge of creating a more physically active nation**, NAHF President, Dr. Avron Abraham (Delaware) and NAHF Conference Chair, Diane Sabba (California) praised the support of the California Governor's Council on Physical Fitness and Sports (CGCPFS), California State University Fullerton and General Mills as the Conference's National Presenting Sponsor. Additional sponsors and partners include Sunkist Growers, Inc, Marketing Werks, Exel Sport NA, Molecule Design Studios, HOPSports, California Center for Physical Activity - California Dept of Health Services and the Orange County Department of Education. **Registration for the NAHF conference is open to all interested persons, organizations and community leaders.** Online registration is available at www.physicalfitness.org. NAHF expects attendance to be an exciting mix of national and local leaders, thanks to the personal outreach of NAHF's Diane Sabba, California Governor's Council Chair Jake Steinfeld, and California Council Executive Director Kenny Rogers and the promotional efforts of the conference sponsors and community partners.

NAHF Conference Chair and Board Member Diane Sabba commented, "Our Conference planning team has worked hard to produce a National Conference that empowers attendees by creating a Conference environment that will encourage **participants to network, share ideas and best practices** with successful leaders and advocates in health and fitness. The Conference, which is nationally sponsored by General Mills, is rich with exceptional national and local speakers addressing our States' challenges of increasing physical activity, reducing obesity and building healthy communities. **Recently added to the line-up are walking and environmental change advocate Mark Fenton, the National Coalition for Promoting Physical Activity's Shelia Franklin, Shape Magazine's Barbara Harris and AAHPERD's Dr Judith Young** . They join previously announced speakers from the President's Council on Physical Fitness and Sport, the American College of Sports Medicine, California State University Fullerton, State Governors' Councils, and leading local community organizations."

Kenny Rogers, Executive Director of the CGCPFS noted that "the California Governor's Council is excited to be part of this outstanding conference which will provide valuable information and resources addressing physical activity for youth , adults , older adults, and community environmental support for physical activity." Rogers continued "We are pleased to play host to our colleagues from all over the country and look forward to participating in the interaction among attendees, exhibitors and presenters. We are also pleased that California will have the opportunity to **honor Governor Arnold Schwarzenegger and Jake Steinfeld, the Chair of the California Governor's Council, at the National Association for Health and Fitness' annual Gold Star Awards dinner.**" The Friday night, April 27th, Gold Star Awards dinner will be held at the Knott's Resort Hotel. Governor Schwarzenegger and Jake will share the national spotlight with several outstanding leaders and organizations from across the country. The Gold Star Awards dinner is chaired by NAHF Board Member Ben Schaffer (New Jersey) **and sponsored by Sunkist Growers, Inc. and Marketing Werks. Tickets for the Gold Star dinner can be ordered online.**

The shared goal of NAHF, the CGCPFS and General Mills for this very special Conference and Gold Star awards evening is to recognize and strengthen the states' programs, policies and environmental support for physical fitness, sports and healthy lifestyles. For more conference details or to register please visit www.physicalfitness.org or contact NAHF Executive Director Phil Haberstro (Eastern time) for information on attending, exhibiting or sponsorships.

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