

- Noontime aerobics
- Health videos

NEHFD Promotional Kit

State departments may purchase a coordinator's kit for use as a resource to support National Employee Fitness Day, May 21, 1997. The cost of the kit is \$15.00. The kit contains activity suggestions, posters, information about a contest to win a heart rate monitor, and available incentive products such as tee shirts and water bottles. You can request this kit by calling (317) 237-5630 or faxing (317) 237-5632.

American Heart Association Walking Kit

The American Heart Association has developed a prepackaged walking program called "Walk Your Way to a Healthy Heart." To help encourage your employees to start a walking program, the kit contains everything you need to give a walking clinic including:

- awareness poster
- planning materials (implementation timeline, budget planning worksheet)
- promotional materials (poster/flyer, newsletter article)
- instructional materials (step-by-step lesson plan, handout copy masters, slides)
- evaluation materials
- tips sheets of starting the walking club at your work site

The asking price for this kit is \$12.00 plus shipping and handling. As a special offer for state departments, the American Heart Association will provide the kits for \$7.10, plus shipping and handling. In the Greater Sacramento area, you may call 446-6505. For areas outside of Sacramento, please contact the local chapter of the American Heart Association.

May 21, 1997 Health and Fitness Fair

State employees in the Sacramento area are invited to participate in a special Health and Fitness Fair on the West side of the State Capitol on May 21, 1997 between 11:00 a.m. and 1:30 p.m. Pepper Von of the Step One Sacramento Dance and Fitness Academy will be the master of ceremonies for the special 12:00 noon program that will be part of this event. There will be brief presentations by persons recognized for their contributions to health and fitness, Olympians from the local area will be introduced, and there will be energetic athletic demonstrations showing that fitness is fun.

This fair will include more than 60 booths providing free health screenings, health education, demonstrations of exercise equipment and fitness activities, and free samples of foods and drinks of various kinds. Any department interested in having a free space for a health and fitness oriented booth at the fair can call Jim Purvis, NEHFD Director for the Governor's Council on Physical Fitness and Sports, at (916) 654-9514, CALNET 464-9514.

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If you would like additional information or have specific questions regarding the statewide effort, please call Marie Pereira at (916) 324-9365 or CALNET 454-9365.

A handwritten signature in black ink, appearing to read "Pavone", with a long horizontal flourish extending to the right.

Patricia Pavone, Chief
Benefits Division

cc: Department Directors

Attachment

EXECUTIVE DEPARTMENT
STATE OF CALIFORNIA



A PROCLAMATION
by the
Governor of the State of California

WHEREAS, medical studies and research have demonstrated that exercise and good nutrition are prerequisites to good health and that exercise is one of the most cost-effective means for workers to maintain good physical and mental health; and

WHEREAS, a strong and healthy body influences not only our outlook on life but also our mental attitude, academic and social skills, and daily experiences both on and off the job; and

WHEREAS, the establishment of a state employee work site health and fitness program, instituted through Governor's Executive Order W-119-95 issued April 4, 1995, which is the first of its kind in the country, is consistent with the interests of the NEHFD; and

WHEREAS, as a salute to a fit America, the month of May 1997 is being observed as National Physical Fitness and Sports Month; and

WHEREAS, the California Governor's Council on Physical Fitness and Sports and the National Association of Governor's Councils are presenting the 9th Annual National Employee Health and Fitness Day (NEHFD) on May 21, 1997; and

WHEREAS, NEHFD is the largest nationwide event to promote fitness at the worksite and to encourage employers to consider initiating long-term fitness and recreation programs; and

WHEREAS, the goals of the NEHFD are consistent with the Healthy California 2000 objectives; and

WHEREAS, public and private sector employers throughout the state are being asked to join in National Employee Health and Fitness Day by allowing employees to participate in noncompetitive walking, jogging, aerobic dancing, stretching, bicycling, and other activities that are fun and emphasize the importance of physical fitness;

NOW, THEREFORE, I, PETE WILSON, Governor of the State of California, do hereby proclaim May 21, 1997, as Employee Health and Fitness Day in California.

IN WITNESS WHEREOF I have hereunto set
my hand and caused the Great Seal of the State
of California to be affixed this 9th day of
January 1997.

Pete Wilson

Governor of California

ATTEST:

Bill Jones
Secretary of State



