

SPOTLIGHT ON PRESIDENT'S CHALLENGE ADVOCATES!

L&T Health and Fitness

L&T Health and Fitness specializes in fitness center design and health promotion, specifically in the workplace. L&T works with all different types of organizations, including financial institutions, non-profit organizations and the military to promote good health and fitness practices among employees.

From June 1 - June 25, 2009 L&T hosted 25,000 On The Move, an initiative to get at least 25,000 people nationwide active every day for 25 days. Participants used The President's Challenge website to log their activity. Overall, this program produced great results. Here is a testimonial from Ariana E., a program participant:



"When the 25,000 On The Move program was first announced, I immediately saw it as an opportunity to become more accountable to myself for my exercise program. Ten years after losing 110 lbs., I was surprised to note I was beginning to face increasingly steep mental hurdles.... So I signed up with the program, and within days was surprised to see that the website L&T was using was sponsored by the President's Council on Physical Fitness and Sports.

"This brought me back to a childhood goal that I thought I would never achieve: earning a Gold Award in The President's [Challenge] program. In the 1960's when I was still in elementary school, the President's Council on Physical Fitness and Sports was established in elementary schools by President Kennedy's adamant support for the program. About that time I found a patch lying on the floor of my school's hallway and was never able to locate the owner of the patch. In essence, I earned this award without doing the exercise for it. I still have that patch in my pack rat collection of childhood memorabilia, but now through L&T's auspices I have the opportunity to earn that patch. I am well on my way to doing so as I already have a bronze medal I have earned through the 25,000 On The Move program. [I have my award] hanging in my office to remind me it is never too late to achieve any dream you can imagine. It is my goal to earn the Gold Award before the end of the year.

"L&T was instrumental, even if in a serendipitous way, in making this goal possible for me. Over the years, their cordial and competent staff have kept me motivated to exercise by providing a facility that is clean and well-maintained and has informed the members on issues pertaining to our health. At the age of fifty, I know that physical activity plays an even greater role in maintaining a fit body and mind; one that will, with effort, remain healthy and happy for many years to come. I thank L&T for assisting me with both the goal of earning a Gold Award through the 25,000 On The Move program and that ultimate goal: a longer, healthier life."

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FEEDBACK:

We would like to hear from you. If you have any topics that you would like to see addressed in *Fitness is Fun* or any comments regarding this list, please let us know. You can provide them by emailing us at preschal@indiana.edu.

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