

FOR IMMEDIATE RELEASE

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Elizabeth Hutchison honored with President's Council on Physical Fitness and Sports Community Leadership Award

Lawrenceville, GA—The President's Council on Physical Fitness and Sports (PCPFS) has chosen Elizabeth Hutchison to receive a 2009 PCPFS Community Leadership Award. The award is given annually to individuals who improve the lives of individuals within their community by providing or enhancing opportunities to engage in sports, physical activities, or fitness-related programs.

Elizabeth focuses on community involvement when creating a wellness/fitness environment. Recently, she organized the Gwinnett Corporate Challenge, where over 85 employees participated in 12 activities over a 3 week period to raise awareness that all children and senior citizens have the opportunity to participate in physical activity in Gwinnett County, GA. Additionally, Elizabeth partnered with the American Heart Association to pilot their Start! Campaign. She organized 23 employee walking teams that received fit tips, motivational e-mails, and incentive prizes to encourage participation. As a result of Elizabeth's commitment to employee wellness and community health, her work-site program was recognized as one of the five most fit-friendly companies in the state of Georgia.

In addition, as a Program Manager for L&T Health and Fitness (L&T), she is responsible for the health and wellness of 1,800 employees at her work-site wellness program. Elizabeth believes educational and fun fitness programs drive participation. Currently, she is able to reach 62% of her worksite's population who participate in her wellness incentive programs, seminars, and screenings.

"We are honored to present this award to Elizabeth Hutchison," says RADM Penelope Slade-Sawyer, acting executive director of the President's Council on Physical Fitness and Sports. "Physical activity and sports participation are an important part of living a healthy, more active life and we are pleased to recognize individuals, like Elizabeth Hutchison, who are committed to making a difference and influencing the health of their communities."

"It is amazing how many comments Elizabeth receives, which is a constant reminder how many lives she has changed and the impact she has played on improving their health and well-being," said Allison Flatley (COO) of L&T Health and Fitness.

This year, the President's Council presented the Community Leadership Award to 16 individuals across the country for making sports, physical activity, and fitness-related programs available in their communities.

About The Council

The President's Council on Physical Fitness and Sports (PCPFS) is an advisory committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about physical activity, fitness and sports in America. The Office of the President's Council on Physical Fitness and Sports (PCPFS), the Department of Health and Human Services (HHS), is the HHS office containing the PCPFS Executive Director and support staff. Through its programs and partnerships with the public, private and nonprofit sectors, the Office of the PCPFS serves as a catalyst to promote health, physical activity, fitness and enjoyment for people of all ages, backgrounds and abilities through participation in physical activity and sports. For more information about PCPFS please visit www.fitness.gov.

About L&T Health and Fitness

L&T is a women-owned S-Corporation, certified as a women's business enterprise (WBE) by the Women's Business Enterprise National Council (WBENC). L&T has 25 years of experience managing corporate, government, university, community and hospital-based fitness/wellness centers and is recognized as a leader in fitness and wellness center management. L&T currently manages 43 fitness/wellness centers in nine states and the District of Columbia. For more information about L&T please visit www.LTwell.com.

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