

State Advisory Council on Physical Fitness

2014-2015 BIENNIAL REPORT



**Larry Hogan
Governor**

**Boyd Rutherford
Lieutenant Governor**

**Charles Chester
Chairperson**

**James Dorf
Vice Chairperson**



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Accomplishments

The Maryland State Advisory Council on Physical Fitness began as the State Commission on Physical Fitness in 1963 and it is the oldest Physical Fitness Council in the United States. The Council on Physical Fitness serves in an advisory capacity to the Department of Health & Mental Hygiene (the Department). Governor-appointed members are listed on page 5. Duties of the Fitness Council are provided on page 6.

The Fitness Council accomplished the following during the past two years:

- Encouraged local governments in efforts to enhance physical activity opportunities by the creation of local county fitness Coalitions and Councils through informational meetings and local legislation with County leaders.
- Disseminated information among Maryland citizens to promote regular physical activity through speaking engagements, exhibition at county health fairs and expos, social media and written communications, and participation in community events such as the Maryland Family Fitness Night at the Bayhawks game versus the Ohio Machine on May 3rd.
- Sponsored the wheelchair division at the 10k Across the Bay race in both 2014 and 2015, increasing awareness around physical opportunities for all and promoting environmental awareness by arranging a “cup-free” event that reduced nearly 40,000 paper cups throughout the race.
- Collaborated with Maryland State Department of Education, University of Maryland Extension, Healthiest Maryland Businesses, Maryland Advisory Council on Arthritis and Related Conditions, and Maryland Advisory Council on Heart Disease and Stroke to promote the first annual Walk Maryland Day on October 6, 2015, attracting participation from over 100 Maryland schools and 25 other groups.

Ten public meetings were held. Meeting minutes can be found:

<http://phpa.dhmh.maryland.gov/ccdpc/fitness-council/Pages/about.aspx>

Future Directions of the Fitness Council

The Council will continue to hold public meetings. The meeting date, location and agenda are posted on: <http://phpa.dhmh.maryland.gov/ccdpc/fitness-council/Pages/meetings.aspx>. Meeting notices are submitted to the Maryland Register several weeks prior to each meeting.

The Council hopes to explore new opportunities for recognizing those active in promoting physical activity in Maryland and continue to promote and encourage physical activity across the lifespan to all Maryland residents. Furthermore, the Council will be involved in efforts to promote walking, the official state exercise, throughout the state. The Council is partnering with state-wide partners to implement the second-annual Walk Maryland Day in 2016 and is making efforts to reinstate the awards process to promote physical activity amongst both individuals and groups of youth, adults and seniors.



State Advisory Council on Physical Fitness Membership, 2014 - 2015

Monique Anderson
Yusef R. Battle
Ronald E. Bowman
Charles Frederick Chester Esquire
James Howard Dorf
Catherine Eliot
Lillian R. Greene-Chamberlain Ph.D.
Deborah Grinnage-Pulley
M. Arnita Hannon Christmon
Rhonda M. Hearn-Stewart M.D.
Larry Tyrone Hughes
Surina Ann Jordan Ph.D.
JoAnne E. Knapp
Michael W. Mason
Lee Meizlesh
John Lawrence Michie
Douglas C. Miller D.C.
Stephen James Miller
Geoffre Nordberg
April Quigley
Paul Joseph Rabil
Beatrice S. Rice
Brian Jeffrey Ruckick Esquire
Tom Russell
Monte Sanders
Sean Settle
Michael Shaw
Suzanne Stringer
Andrew L. Vineberg

Mission

The mission of the Maryland State Advisory Council on Physical Fitness is to educate, advise, and encourage the citizens of Maryland to gain health benefits and enhance the quality of their lives through regular physical activity.*

Physical activity is any bodily movement produced by skeletal muscles that results in an expenditure of energy.

Physical fitness is a measure of a person's ability to perform physical activities that require endurance, strength, or flexibility and is determined by a combination of regular activity and genetically inherited ability.

Exercise is physical activity that is planned or structured. It involves repetitive bodily movement done to improve or maintain one or more of the following components of physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition.

Goals

The Council on Physical Fitness acts in an advisory capacity to the Department of Health and Mental Hygiene. The Council works collaboratively with a broad range of agencies and organizations to accomplish the following goals:

- collect and assemble physical activity-related information
- disseminate information among Maryland citizens to promote regular physical activity
- maintain liaisons with state and local agencies (e.g., education, planning and transportation) to improve opportunities for regular physical activity among all Maryland citizens