



STATE OF MARYLAND

# DHMH PRESS RELEASE

Maryland Department of Health and Mental Hygiene

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FOR IMMEDIATE RELEASE

## Governor Ehrlich Honors Physical Activity Excellence

ANNAPOLIS, MD (December 8, 2005) -- Governor Robert L. Ehrlich, Jr. recently joined members of the State Advisory Council on Physical Fitness in Annapolis to honor three Physical Activity Excellence Award recipients.

The recipients, each of whom received a Governor's Citation for promoting physical activity in 2005, are the Children's Heart Health Action Team of Carroll County, McCormick and Company (Baltimore County) and Holy Cross Hospital Senior Fit (Montgomery County).

"Physical activity is an important factor in our long-term health," Governor Ehrlich said. "Organizations such as these provide a needed service and help keep us on the path toward a fit and healthy lifestyle."

The awards are the first in a series of annual awards designed to recognize exemplary efforts to promote physical activity among Maryland youths, adults and older adults. The winners came from among 15 nominations received by the Council.

The **Children's Heart Health Action Team of Carroll County** received the YOUTH Physical Activity Excellence Award. It coordinated a collaborative effort between the local health department and elementary schools to implement "Project ACES" (Active Children Excel in School) – a student incentive program to accumulate 30 minutes of daily physical activity.

**McCormick & Co.** received the ADULT Physical Activity Excellence Award for a corporate wellness program that emphasizes walking and an increase in lifestyle activities.

**Holy Cross Hospital Senior Fit** received the OLDER ADULT Physical Activity Excellence Award for a community partnership that offers free 45-minute exercise classes for older adults.

Individuals, organizations, agencies, schools, communities and businesses in Maryland whose dedication, vision, and service have helped increase physical activity among Maryland citizens were eligible to receive the award.

Nomination information for the 2006 awards is available on the State Advisory Council on Physical Fitness Web site ([www.MarylandFitness.org](http://www.MarylandFitness.org)). Questions may be directed to Mary Concannon, the Council's staff member at the Department of Health and Mental Hygiene. Ms. Concannon may be reached at 410-767-4382 or by e-mail at [mconcannon@dnhm.state.md.us](mailto:mconcannon@dnhm.state.md.us).

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