

Visit [www.physicalfitness.org](http://www.physicalfitness.org) for updates on Employee Health & Fitness Month and action in the States.



National Association for Health and Fitness  
c/o Be Active New York State  
65 Niagara Square, Room 607  
Buffalo, NY 14202  
[www.physicalfitness.org](http://www.physicalfitness.org)



## National Association for Health and Fitness



### “The Network of State and Governor’s Councils”

*Founded in 1979 by the President’s Council on Physical Fitness & Sports.*



National Association for Health and Fitness  
C/O Be Active New York State  
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**Web: [www.physicalfitness.org](http://www.physicalfitness.org)**

*Dear Reader,*

On behalf of the National Association for Health and Fitness (NAHF), **thank you** for your interest in helping America to become healthier. For over three decades, the National Association (made up of State Governors’ Councils, local community leaders, businesses and non-profits) has been working through our members **to achieve a more physically active nation.**

America’s “challenge” of inspiring and empowering people to be physically active is vital to our nation’s human and economic health. At no other time in NAHF history has this Association’s mission and innovation in the States been more relevant. **NAHF members have been leaders in presenting capacity building national meetings, developing user friendly behavior-change programs, recognizing excellence and advocacy for policy and environmental support of active living.**

With our focus on the States, NAHF “bridges the gap” between federal and local action, and unites researcher and community practitioner.

**This brochure highlights NAHF’s vision, mission, member benefits and how to join the NAHF team.** Please make NAHF and its members a valuable resource to your work by becoming a member, making a donation or providing a sponsorship.

**Working together, we will continue to make a difference!**

**Diane H. Hart**  
President

**Philip Haberstro**  
Executive Director



#### NAHF Member Services & Programs:

- ✓ Networking / Advocacy / Technical Support / Regional Meetings
- ✓ Annual Meeting
- ✓ Gold Star Awards Program
- ✓ Employee Health & Fitness Month
- ✓ Media / Public Relations Support

#### About the National Association for Health and Fitness...



**NAHF** was founded in 1979 by staff of the President’s Council on Physical Fitness and Sports. ([www.fitness.gov](http://www.fitness.gov))

#### NAHF Vision

America shares in the social, economic, health and environmental benefits that come from living an active lifestyle.

#### NAHF Mission

Our mission is to improve the quality of life for individuals in the United States. NAHF does this with its’ members by:

- ✓ Promoting physical fitness, sports and healthy lifestyles
- ✓ Fostering new State Councils and Coalitions in every state and US territory
- ✓ Networking and support among existing Governors’ Councils on Physical Fitness and Sports, and local community coalitions
- ✓ Championing environmental and policy support for active living
- ✓ Encouraging and sharing innovation in the States

#### NAHF Values

- ✓ Active living (integrating physical activity into daily lives)
- ✓ Community involvement and Leadership Development from all sectors
- ✓ Quality physical education in our schools
- ✓ Worksite health promotion programs
- ✓ Active-aging programs
- ✓ Partnerships for a healthier America ...
  - ✓ [www.acsm.org](http://www.acsm.org)
  - ✓ [www.ACTIVELifeMovement.org](http://www.ACTIVELifeMovement.org)

*Please visit [www.PhysicalFitness.org](http://www.PhysicalFitness.org) to become a member*

# NAHF MEMBERSHIP INFORMATION

## MEMBERSHIP BENEFITS:

### NAHF Annual Meeting Member Discount

- Meeting is held each year at various locations across America.
- The purpose of the meeting is:
  - ▶ To facilitate networking among States
  - ▶ To enhance the capacity of Governor's Councils and Community Coalitions to fulfill their missions
  - ▶ To identify issues /actions that NAHF and its partners can address collectively

### Gold Star Awards Program

- A recognition of outstanding State Councils and members who make significant contributions to the advancement and support of health and fitness. Featuring the *Glenn E. Swengros Award* which recognizes outstanding leadership in the field of health, fitness and sports.

### International Employee Health and Fitness Month (May)

- Celebrated across the world, Employee Health and Fitness Month promotes the importance of the "health" of our workforces.
- Members receive toolkit and opportunities to assist in celebrating Employee Health & Fitness Month.

### National Physical Activity Plan:

[www.physicalactivityplan.org](http://www.physicalactivityplan.org)

NAHF and its members are actively involved in implementing and supporting the National Physical Activity Plan. Check out the National Plan website to learn more!  
([www.physicalactivityplan.org](http://www.physicalactivityplan.org))

### Networking/Partnerships/Advocacy

- Regional meetings with member States.
- With National organizations including the President's Council, CDC, NCPPA, Health Promotion Advocates, American College of Sports Medicine and the International Association for Worksite Health Promotion.

### Media/Public Relations Support

- Raising awareness of the accomplishments and innovative work being done by our member States and organizations.

### Communications

- Interactive Website (upgrading always in progress), members have access to share activities & events occurring in their State or local community.
- Regular members only email communications on relevant National, Statewide and local news.

### Consulting/Technical Support

NAHF, through its national office, Board and members, is available to provide existing or emerging State Governor's Councils or community Coalitions with technical expertise in these areas:

- ☑ Creating Healthy Communities
- ☑ Leadership
- ☑ How to Start a State Council Toolkit (NEW!)
- ☑ Capacity building
- ☑ Advocacy
- ☑ Media relations
- ☑ Programming interventions
- ☑ Sustainability / Resource development

## ANNUAL MEMBERSHIP OPTIONS:



### Governors' Councils & State Coalitions

**Membership (\$175).** Thanks to an American College of Sports Medicine grant to NAHF, membership fee is waived for 2011 or 2012 applicants.

- Open only to Governors' Councils and State wide Coalitions

### Corporate / Business Membership (\$135):

- Open to private sector organizations

### Non-Profit / Public Sector

**Membership (\$100).** Thanks to an American College of Sports Medicine grant to NAHF, membership fee is waived for 2011 or 2012 applicants.

- Open to Non-Profit and/or Public Sector organizations

### Individual Membership (\$50):

- Open to persons interested in promoting health & physical activity

### Member Registration / Renewal

Available Online, please visit

[www.physicalfitness.org](http://www.physicalfitness.org).

*"Be actors, not merely critics"*

*~ Teddy Roosevelt*

Yes! I (we) would like to join the NAHF team ...

- Governors' Councils or Statewide Coalitions Membership - Complimentary 2011 & 2012
- Corporate / Business Membership - \$135 per year
- Non-Profit / Public Sector Membership - Complimentary 2011 & 2012
- Individual Membership - \$50 per year

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

E-Mail \_\_\_\_\_

Yes, I would like to make a donation to support the NAHF Mission \$ \_\_\_\_\_.

I am making my payment by:

Check  Visa  Mastercard  On-line

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Please make check payable to:  
National Association for Health and Fitness

Mail to:



National Association for Health and Fitness  
c/o Be Active New York State  
65 Niagara Square, Room 607  
Buffalo, NY 14202

Federal ID #37-1130081

NAHF Website and Program Sponsorship Opportunities available:  
Please contact the NAHF office at 716-583-0521 or email [wellness@city-buffalo.org](mailto:wellness@city-buffalo.org)

*Become a Member of the NAHF Team!*