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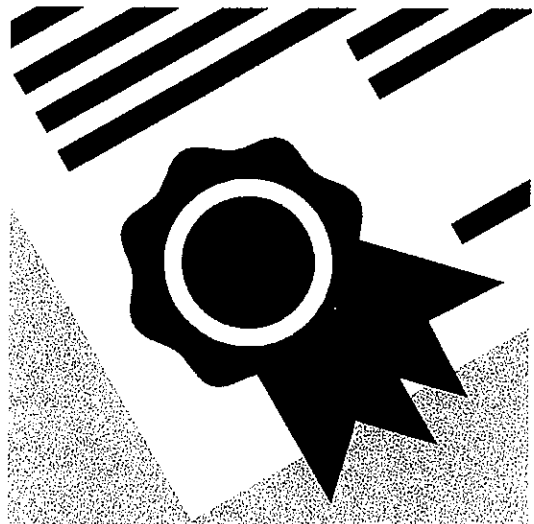
**2005 AWARDS**

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**Awards for Outstanding  
Achievement in the Promotion  
of Physical Activity**

**December 5, 2005**

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## **Awards for Outstanding Achievement in the Promotion of Physical Activity**

**December 5, 2005**

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### **Community Based Programs Award**

For an outstanding public or private program or intervention designed to provide or promote physical activity for members of the community

#### **Senior Services EnhanceFitness**

A research based physical activity program for older adults since the early 1990's, the program is now in 59 community sites across Washington and continues to expand. Classes consist of balance, flexibility, strength, and endurance activities for one hour, three times a week. Participants increase their functional and social abilities as well as their awareness and knowledge of how physical activity maintains and improves their lives as they age.

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### **Environmental Based Programs Award**

For outstanding public or private activism or events that cause change in policy, environment, or infrastructure to promote activity friendly communities.

#### **Willie Austin The Austin Foundation**

In 1994, Willie Austin began building a grassroots organization that sought to bring health and fitness programs to Seattle area kids. The Youth and Fitness program was launched, serving 120 kids at

one location. The program has grown to serve 2500 youth per year at eight sites.

Willie serves as the chair of the Physical Activity Policy Workgroup of the King County Overweight Initiative and has been instrumental in drafting and supporting a resolution recently adopted by the King County Board of Health recommending a comprehensive strategy to promote healthy eating and active living in King County.

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### **Individual Impact in Physical Activity Award**

For a person whose work has had substantial positive impact in promoting the benefits of physical activity in Washington State.

#### **Cheryl Parks Physical Education Specialist Seattle Public Schools Lawton Elementary**

Cheryl Parks has developed a physical education curriculum based on the model of *Success-Oriented Physical Education* where children work on their own progress and experience personal success. She believes in her students and focuses on their individual successes. Cheryl embodies physical activity in her own life and work. She provides a wide variety of life-long fitness and health opportunities to her students and their families. She has implemented a newsletter for parents, students, and the community in collaboration with the school nurse. Cheryl created and maintains the Seattle school district's physical education website. She has started after school activity clubs including unicycling, yoga, and jump rope as well as a walking challenge for students and parents – Hiking the Wonderland Trail.

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