

## **National Kidney Foundation of Michigan Receives Prestigious Fitness Award from Governor**

Lansing, Mich. (Oct. 27, 2009) – On Oct. 21, 2009, the National Kidney Foundation of Michigan received the 2009 Governor’s Council on Physical Fitness Award for Organizations. State Representative George Cushingberry presented the award to the NKFM in recognition of the organization’s support of active lifestyles through its mission, programs and policies.

The award is given to one organization each year that is especially committed to improving physical activity options for Michigan citizens. The NKFM provides a wide variety of physical activity programs to Michigan residents.

EnhanceFitness is a statewide aerobic exercise class offered by the NKFM that meets three times a week for an entire year. The free program has certified fitness instructors who help improve the overall fitness and well-being of primarily older adults, although all adults are welcome. Those with physical disabilities or who travel by wheelchair are also encouraged to attend EnhanceFitness. The one-hour classes focus on cardiovascular conditioning, strength training, flexibility, and balance training.

The NKFM also offers a number of nutrition and physical activity-based programs to children. Healthy Kids and Kidneys teaches sixth-grade students how to prevent diabetes, high blood pressure and chronic kidney disease through exercise and nutrition. Regie’s Rainbow Adventure uses a series of interactive storybooks to teach preschool children to eat fruits and vegetables that are the colors of the rainbow. The program also teaches children to increase their physical activity. It has reached more than 240 children throughout the state since 2008.



**FOR IMMEDIATE RELEASE**

October 27, 2009

CONTACT: Michael Steigmeyer

PHONE: (734) 222-9800 ext.216

E-MAIL: msteigmeyer@nkfm.org



For more information on the National Kidney Foundation of Michigan and its physical fitness programs, please visit [www.nkfm.org](http://www.nkfm.org) or call 800-482-1455. The mission of the National Kidney Foundation of Michigan is to prevent kidney disease and improve the quality of life for those living with it.

###