



Get ME Active

"Promoting Healthy Lifestyles Through Physical Activity"



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Eastern Maine Healthcare
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Allen Wicken
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Stephen Butterfield
UMO

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Maine Special Olympics

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Lee Gilman Scott
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Andy Shepard
Maine Winter Sports Cntr

Kawika Thompson
University of Maine System

Dennise Whitley
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Governor Hosts Luncheon at the Blaine House

On Tuesday, July 11, 2006, Council members were greeted for a luncheon by the Honorable John E. Baldacci at the Blaine House. The event took place in celebration of the Council's national recognition as the recipient of the National Association of Health and Fitness' (NAHF) 2006 Gold Star Award as the "State Council of the Year."

The Governor welcomed Council members, joined by his Director of Community Development, Daryl Fort, and the Commissioner of the Department of Health and Human Services, Brenda Harvey. He began by acknowledging all of the good work that has been accomplished by Council members in the last three years. He acknowledged the Council's role in assisting him with his goal to make Maine the "healthiest State in the nation." The Governor was also pleased to announce that he was able to

provide additional funding to support ongoing Council initiatives.

Co-chairs Erik Steele and Joan Benoit Samuelson informed the Governor that the Council had plans to launch a "Tour of Maine" program which would expand the existing *Maine in Motion* program, offering different challenges and goals to work towards. Joan and Erik also requested the Governor's blessing for minor changes to the Council's logo, which would make it easier to read and replicate. In addition, the Governor was presented with preliminary sketches of the Council's new web site that is intended to dramatically improve the communication of opportunities for physical activity to reach all Maine citizens.

Lunch included a salad made with fresh vegetables from the First Lady's garden.



(L to R) Joan Benoit Samuelson, Governor John E. Baldacci, and Dr. Erik Steele.

Calendar of Upcoming Events

September 12, 2006
Maine in Motion Day
as proclaimed by Governor John E. Baldacci

February 13, 2007
Legislative Wellness Day

May 2, 2007
All Children Exercising Simultaneously (ACES) Day

May 16, 2007
National Employee Health & Fitness Day

GCPFSH&W Board Meetings 2006-2007

September 21, 2006
University of Maine at Farmington (2-4 pm)

December 7, 2006
Medical Care Development, Augusta (2-4 pm)

March 15, 2007
Bates College, Lewiston (2-4 pm)

June 7, 2007
Annual Board Meeting, Pineland Farms, New Gloucester (9-3 pm)

Congratulations!

On June 10, 2006, Council Co-Chair, Dr. Erik Steele, received the 2005 Roswell P. Bates, DO, Public Service Award from the Maine Osteopathic Association.

Spring Council Events Update 2006

Legislative Wellness Day took place on February 14th at the State House Hall of Flags. Health risk screenings included blood pressure measurement, cholesterol, bone density, body composition, diabetes risk quiz, low back flexibility, and grip strength and a cardiovascular risk factor quiz was offered to legislators and staff of the State House. Over 418 screenings took place during the event, which was co-sponsored by Hannaford Supermarkets and WCSH's Alive & Well program.

Contest for Communities, the Council's annual celebration to recognize communities, workplaces, organizations, and individuals that are working to improve physical activity in their respective areas, took place on February 14th. This year's winners included:
Youth - School Category:

"A Healthy You" Walking Program, Kittery School Department

Youth - Community Category:

"Techni-Kids on the Move!" University of Maine Cooperative Extension, Portland

Healthy Workplace - Small Business Category:

River Coalition Health and Wellness Program, Old Town

Healthy Workplace - Medium Business Category:

HealthWays - Worksite Wellness Program, Lubec

Healthy Workplace - Large Business Category:

Building Healthy Ways, BIW Wellness Program, Bath Iron Works

Community Category:

Walking Event Committee of the TLC Coalition, Newcastle

All Children Exercising Simultaneously (ACES) - took place statewide and worldwide on May 3rd. Over 19,000 students from 80 schools, one daycare, and two YMCA's participated in Maine's event. Governor Baldacci took part in this event by taking a walk with students from Farrington School in Augusta.

National Employee Health & Fitness Day, a national health observance to promote the benefits of regular physical activity through worksite health promotion, took place on May 17th. The Maine Governor's Council worked in conjunction with the National Association for Health and Fitness to promote this event in the State of Maine. Twenty-three companies statewide signed up to take part in the event:

- Boothbay Region YMCA, Boothbay Harbor
- Cary Medical Center, Caribou
- Central Maine Medical Center, Lewiston
- Eastern Maine Medical Center, Bangor
- Fraser Papers Ltd., Madawaska
- Inland Hospital, Waterville
- Irving Forest Products, Standish
- Maine Department of Health and Human Services, Augusta
- MaineGeneral Health, Augusta
- MaineHealth, Portland
- Mathews Brothers Company, Belfast
- Medical Care Development, Augusta
- Millinocket Regional Hospital, Millinocket
- Mount Desert Island Hospital, Bar Harbor
- National Semiconductor, South Portland
- OfficeMax, Portland
- Parkview Adventist Medical Center, Brunswick
- Phillips-Strickland House, Bangor
- Rumford Hospital, Rumford
- State of Maine, Department of Environmental Protection
- United Way of Greater Portland
- University of Maine, Orono
- University of Maine at Fort Kent

For more information about the Maine Governor's Council, check out our web page at www.mainephysicalactivity.org; email us at gcpfs@mcd.org, call us at 207-622-7566, ext. 230 or 220, or write us at 11 Parkwood Drive, Augusta, ME 04330.

Going Live! with Maine in Motion

The Governor's Council on Physical Fitness, Sports, Health and Wellness is pleased to announce a new on-line physical activity program beginning October 1, 2006. *Maine in Motion* is piloting a three-month Governor's Challenge for the "Tour of Maine," October through December. Employers, communities, organizations, individuals and schools (8 week program) will have the opportunity to participate. Challenges include tracking steps or minutes for the Maine Coast Greenway Bike Challenge, Mountains to the Sea Challenge, Climbing the Bigelow Range or enter the World Series Home Run Challenge. Each month there will be a selection of themes to help you stay motivated and active. When a challenge is completed you will receive a gold, silver or bronze certificate signed by Governor Baldacci.

Employers and schools will receive information on how to get started. For

those individuals that do not have internet access, information will be available at your local library.

Check out www.mainephysicalactivity.org for more information.

New this fall is the *Maine in Motion* Nordic Walking Clinic. Trained Nordic Walk Instructors are out teaching the Guide Class in many communities. This is an adult and student program. For more information call 207-446-2770.

Fall clinics include:

- September 6 @ Kingfield Elementary School
- September 29 @ Lewiston Auburn College
- October 4 @ Lewiston Auburn College
- October 12 @ USM - Gorham Campus
- October 25 & 26 @ University of Maine Augusta

Council Member Profile Judy Katzel

This month we welcome Judy Katzel, President of Burgess Advertising & Associates in Portland, as one of three new members appointed by Governor Baldacci.

Judy has spent the last 25 years in marketing communications, most recently at the helm of Burgess Advertising -- a 21 person advertising, public relations, and marketing firm specializing in health-related promotion and educational campaigns, along with work in other industry segments including financial services, manufacturing and technology. Prior to that Judy was based in the Washington, DC, area.

Judy's initial connection to the Governor's Council started long ago! From 1981 to 1995, she served as Director of Communications for the National Spa and Pool Institute -- a trade association in Alexandria, VA, representing the swimming pool, spa, and hot

tub industry. While employed there, she worked directly with Dr. Casey

Conrad who was serving as the head of the President's Council on Physical Fitness and Sports at the time. Together they authored a 96-page water exercise book titled, "AquaDynamics."

Judy's personal health and fitness history includes being an ACE-certified fitness instructor and personal trainer for 10 years. And she's currently working toward her black belt in Thai Kickboxing.

Today, we're delighted to have her bring her marketing expertise to the Maine Governor's Council on Physical Fitness, Sports, Health and Wellness.

Welcome, Judy!



PAN
Summit
Convened
on June 19,
2006

DHHS Commissioner, Brenda Harvey, opened the Physical Activity & Nutrition (PAN) Summit with a warm welcome for 79 attendees. The Commissioner also had the honor of introducing Governor Baldacci. The Governor emphasized the need for a PAN Summit and for everyone to work together to enable Maine to become the "healthiest State in the nation!" A series of breakout sessions allowed attendees to formulate ways to collaborate and communicate for effective implementation of the Maine PAN Plan in four key settings: school, community, work site, and health care. Facilitators were designated for each group and a final report with outcomes will be compiled.

The PAN Summit was co-sponsored by the Maine Governor's Council on Physical Fitness, Sports, Health and Wellness and the Maine Physical Activity and Nutrition (PAN) Program at the Maine CDC.

Council Member Presents at AAHPERD National Convention & Exposition

Title: "Growth Rates in Aerobic Performance by Children in Grades 4 Through 8"

Authors: Stephen A. Butterfield, Robert A. Lehnhard, Craig A. Mason and Robert McCormick, University of Maine, Orono, Maine, Blue Hill Consolidated School, Blue Hill, Maine

Recent studies link acceptable levels of aerobic capacity to reduce occurrence of high blood pressure, coronary heart disease, obesity and diabetes (Cooper, 1999). While there is considerable cross-sectional evidence on children's aerobic performance, there is little information about their aerobic performance over an extended time (e.g., a school year). The purpose of this study was to examine growth rates in aerobic performance by children in grades 4-8 during a 9-month school year. The design of this study included students in grades 4-8 with 5 repeated measurements. Two university professors and the school PE teacher administered the PACER subtest of the FITNESSGRAM (1999) to 114 students. The children were tested 5 times at 7-week intervals during the 2004-2005 school year. Hierarchical linear modeling was used to analyze the data. A slope and intercept model was derived for each participant for hypothesis testing relative to possible correlates of growth patterns. In addition to changes in aerobic performance over time, we examined the association of selected variables (age,

sex and participation in aerobic sports such as basketball, soccer, cross-country) with changes in aerobic performance. At intercept (measurement 1), children involved in aerobic sports completed over 7 laps more than their non-sports participating peers. Age was significantly associated with increased aerobic performance at intercept as each additional year of chronological age was associated with running 1.77 more laps. Significant improvement for the entire groups of students occurred across the five measurement times with a mean increase of nearly 4 laps at each successive test occasion. Interestingly, neither age, nor sex, nor sports participation was related to increased aerobic performance during the school year. In fact, we found no significant sex differences in aerobic performance wither initially or across time. Our results suggest that factor other than age, sex or sports participation accounted for the steep rate of improvement that we found for the entire group of students. It is possible that regularly testing children on the PACER subtest of the FITNESSGRAM teaches effective pacing strategies thereby substantially improving performance on this key fitness component. Further investigations should focus on the efficacy of the PACER as a teaching tool as well as an assessment tool. For more information, contact Steve Butterfield at Steve.Butterfield@umit.maine.edu.

Council Night with the Portland Sea Dogs

July 25th was Governor's Council night with the Portland Sea Dogs. The Sea Dogs played the Reading Phillies and won 12-4. The fans were entertained by gymnasts from the Maine Academy of Gymnastics before the game began. Elanna Farnham, Council member, threw out the first ball and the Governor spoke on the radio about the importance of health and wellness through physical activity. Throughout the game the announcer reminded fans about the importance of being physically active.

