

## Council Members

### **Council Co-Chair:**

Alice Burron, Cheyenne

### **Council Co-Chair:**

Nancy Raso Eklund, Green River

### **Secretary:**

Lynn Fox, MS, CHES, Cheyenne

### **Treasurer:**

Lisa Ammons, Cheyenne

J. Carlo Cannel, Alta

Tim Fagnant, Powell

Jeff Grant, Cheyenne

Katrina Lorenzen, Casper

Dale Ann Meeker, Powell

Ranae Pape, Daniel

Veronica Pedersen, Cheyenne

Shawn Powell, Casper

Christina Spindler Berta,  
Cheyenne

Ken Yamada, Cheyenne

## Council Partnerships

- Prevention Management Organization
- Wyoming Health Fairs
- Cheyenne Family YMCA
- Cheyenne Parks and Recreation
- American Heart Association
- Laramie BikeNet
- Wyoming Association for Health, Physical Education, Recreation, and Dance (WAHPERD)
- Step Up Cheyenne



*Students at  
Cheyenne Health and Fitness Day 2015*



[wyomingfitnesscouncil.org](http://wyomingfitnesscouncil.org)



PO Box 1781  
Cheyenne, WY 82003  
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*The Council will promote, educate, encourage and provide opportunities for all citizens of Wyoming to achieve overall well-being through physical activities and health awareness.*

# *Promoting Overall Well-Being Through Physical Activities and Health Awareness*

## Our Objectives:

- Collaborate with other health, fitness and sports groups to plan programs to meet their goals, and assist in fitness, physical activity and sports needs in the state
- Motivate Wyoming residents to obtain maximum fitness and engage in healthy living
- Act as an agent for the collection and dissemination of information pertaining to health and physical fitness
- Serve as a liaison for the President's Council on Physical Fitness and Sports



**WYOMING  
GOVERNOR'S  
COUNCIL ON  
PHYSICAL  
FITNESS  
& SPORTS**

## Main Focus—Health and Fitness Day Events

National Health and Fitness Day is a health observance day in May, created to promote the benefits of physical activity. The Governor's Council initiated Wyoming Health and Fitness Day in 2000.

The Council has invited cities around Wyoming to participate and incorporate students from their area to participate in Health and Fitness Day. The main focus is to "Make Fitness Fun". Cities that are involved are: Casper, Cheyenne, Green River, Laramie, Lander, and Powell.

The Council would like to make this a statewide event with other cities hosting a Health and Fitness Day event.

For more information about this event or the Council in general you can contact:

Alice Burron at 307-631-5738 or  
aburron@wyoming.com.  
wyomingfitnesscouncil.org

The Council is an active member of the National Association of Health & Fitness.

For more information about endorsements or other general information, please visit [wyomingfitnesscouncil.org](http://wyomingfitnesscouncil.org). There you will find helpful links, a guide to Health and Fitness Day Events, and much more!



*First Lady Carol Mead addresses students at a 2015 Health and Fitness Day*

## **Mission Statement:**

The Council will promote, educate, encourage and provide opportunities for all citizens of Wyoming to achieve overall well-being through physical activities and health awareness.