



NEWSLETTER

HEALTH & FITNESS DAY CHEYENNE EVENT TO INCLUDE ADULTS

The Wyoming Governor's Council on Physical Fitness and Sports will be holding the annual **Health & Fitness Day for 3rd graders** in Cheyenne on May 3rd and 4th. Over 1000 Cheyenne and Torrington 3rd graders will be at this year's event. The children will participate in various health and fitness stations such as soccer, football, martial arts, bike safety, nutrition, jump roping, and hula hoop stations throughout the day. The City of Cheyenne Parks and Recreation, Cheyenne Regional Medical Center, the Cheyenne YMCA, the Laramie County School District #1, Wyoming National Guard, and Cheyenne Central ROTC are all involved in this year's event. There will be a one mile walk during the lunch hour in which members from the community are invited to attend.

This year the Cheyenne event has added an evening for families to come out and participate in some of the same activity and educational stations that the children do during the day. Cheyenne families are invited to attend the **FREE** evening event being held at the **Taco John's Event Center on May 3rd from 6-8 pm**. There will be a rock climbing wall, massages, fitness demonstrations such as Tai Chi and spinning, as well as, free goodies from area health and fitness vendors.



Up Coming Events Around the State

5/3-5/4 Health & Fitness Day for 3rd graders- Cheyenne, Taco John's Event Center

[High Plains Harriers \(http://highplainsharrier.org\)](http://highplainsharrier.org) SE Wyoming Runners Club (Events)

4/7 - She's a Runner Girl Program (3rd-6th grade girls) - Laramie

4/23 - Engineers Without Borders 5K for Kenya 10 AM - Laramie

4/30 - 11th Annual Pharmacy Frolic 5K 10 AM - Laramie

5/14 - Happiness 5K 9 AM - Laramie (JHS) - Wyoming's oldest and longest running 5K

5/29 - Wyoming Marathon Races 6 AM - Summit Rest Area, Exit 323 I-80

6/4 - Pilot Hill 25K 8 AM - Laramie

[Dead Dog Classic \(http://deaddograce.com\)](http://deaddograce.com)

6/25-26 - Stage Road Bike Race - Laramie

[Gem City Bone & Joint Laramie Duathlon \(also listed under http://cyclewyoming.org\)](http://cyclewyoming.org)

6/11 or 6/18 - Run-Ride-Run Duathlon - Laramie

[Laramie Enduro MTB Race \(http://laramieenduro.org\)](http://laramieenduro.org)

4/1 through 4/28 - Race Registration Open for July 30, 2011 race

[Wyoming State Parks \(http://wyoparks.state.wy.us/Events/index.asp\)](http://wyoparks.state.wy.us/Events/index.asp)

6/4 - Wyoming Kids Xtreme Summer Outdoor Slam (SOS) - Curt Gowdy State Park

6/11 - Curt Gowdy Trail Maintenance Day - Curt Gowdy State Park

6/25- Glendo Trail Maintenance Day- Glendo State Park

[Casper Windy City Striders \(http://www.windycitystriders.com/calendar/2011cal.php\)](http://www.windycitystriders.com/calendar/2011cal.php)

4/16 - Winter Race Series #4 10K 9AM - Edness K. Wilkins State Park

4/30 - Firefighters Challenge 10K 9 AM - Lifetime H&F, Casper

* Several more races listed for May-July, refer to calendar

[Casper Community College](#)

4/16 (starting) - Jump Rope Club-Class for 7-14 year old children

[Laramie BikeNet \(http://laramiebikenet.org\)](http://laramiebikenet.org)

Laramie Mountain Bike Series <http://laramiemtbseries.com>

5/22 - Gowdy Grinder MTB Race - Curt Gowdy State Park

6/21 - Race #1 Upper Tie City Parking Area, Happy Jack Recreation Area, Medicine Bow N.F.

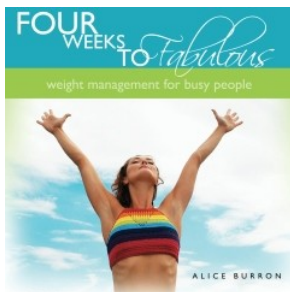
6/28 - Race #2 Upper Tie City Parking Area, Happy Jack Recreation Area, Medicine Bow N.F.

State and County Level Health Data

The Wyoming Governor's Council is dedicated to improving the health of Wyoming citizens. To learn more about where Wyoming and your county ranks in health status please visit the following websites.

www.WyomingHealthMatters.org

<http://www.countyhealthrankings.org/>



Four Weeks to Fabulous written by Cheyenne Author

Alice Burron, exercise physiologist and personal trainer, and a member of the Wyoming Governor's Council on Physical Fitness and Sports since 2008, has been on the forefront of educating both children and adults about defining healthy weight, and what it takes to achieve it. She also has been counseling people about how to lose weight for years. "It's no secret that many people need and want to lose weight, and they often don't know where to go for help," she says.

Before people come to Alice for help, they've often already tried weight loss programs, without success. "There are some good weight loss books and programs out there, but it's hard to know what is based on sound science, and what isn't."

Over the years Alice has collected handouts on nutrition, exercise and caloric balance calculations to give to individuals wanting to lose weight. "I've been giving talks and presentations around wellness for years, and consulting with individuals, and personal training some of them as well."

Those handouts led to the creation of her new book *Four Weeks to Fabulous: Weight Loss for Busy People*. "The book is essentially all of the information I've been telling people all these years in one simple book." Short and sweet, *Four Weeks* can't be more than 100 pages long; a stark contrast to many of the weight loss books out on the shelf today. "This book is for the visual learner—there is very little text and lots of pictures."

The *Four Weeks* plan has three components: adjusting your attitude for success, exercise, and nutrition (with recipes). Each section is a quick read, with lots of photos. Weekly exercise charts that include both the cardiovascular endurance and strength training plans are on one page for easy access. Meals and snack choices are also listed so the reader can find healthy choices quickly when hungry.

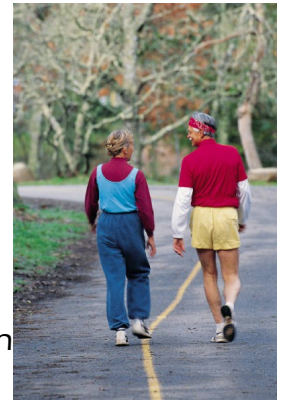
"Everything I've done for this book is straightforward. There are no gimmicks or tricks; just simple weight loss tools for success." Alice received her master's degree in physical education with an emphasis in exercise physiology from the University of Wyoming. She is currently a wellness coordinator for a local hospital, and a fitness writer for several websites, a Lifestyle and Weight Management certified consultant and an American Council on Exercise national spokesperson who has been interviewed as a fitness expert by magazines such as *Oxygen* and *Arthritis Today*. Alice is married with four children and lives in Cheyenne.

"I'm passionate about spreading the message that it is very important to lose weight for your health and the health of your friends and family. Most people struggle in today's world to be at a healthy weight and to get back on track only takes some common sense: move more and eat modestly and eat healthful foods. However, as easy as the concept is, tools to help us get there can make it much easier. This book is just another tool."

To learn more about Alice or her book, visit her at her website at www.2BFIT.net, or email her at contact@2bfit.net. Her book is available on her website and Amazon.com.

Get Moving No Matter Your Age, Size, Weight or Shape!

Are you making excuses for why you aren't active? Is it because you are too old, you feel fat, or don't like to go to the gym? You can be active and healthy no matter your age, size, weight, or shape! The **benefits** of aerobic physical activity far outweigh the risk of doing nothing! Below are all the reasons to become more active.



- **Ward off extra weight** just 30 minutes per day can off set the creeping weight gain common in adulthood
- **Increase your stamina** improve your endurance and become more productive
- **Improve your immune system** "boost" your immune system with each workout
- **Strengthen your heart** a stronger heart pumps blood more efficiently, which improves blood flow to all parts of your body
- **Prevent disease** such as heart disease, cancer, and type 2 diabetes
- **Manage chronic conditions** improve blood pressure and blood glucose levels
- **Lower your cholesterol** one of the best ways to increase your HDL (healthy cholesterol) is by being physically active most days of the week
- **Improve your mood** a quick walk can dramatically improve your mood thanks to endorphins that are released when you exercise
- **Maintain mobility as you age** the saying, "use it or lose it" is true when it comes to strength, stamina, and flexibility. Stay active throughout your life to age grace gracefully.
- **Live Longer** not only live longer but live a richer life!



Governor's Council
PO Box 1781
Cheyenne, WY 82003

Co-chairs
Rich Vincent 777-7070
Tammy Till 777-6716
E-mail: chairperson@wyomingfitnesscouncil.org
www.wyomingfitnesscouncil.org

20th Anniversary of Council

The Wyoming Governor's Council on Physical Fitness & Sports is celebrating it's 20th anniversary this year!

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."