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President's Council Announces Top 5 States for National President's Challenge

WASHINGTON, DC—The President's Council on Physical Fitness and Sports today recognized Alaska, Arkansas, Wyoming, Washington, D.C. and Maryland as winners of the National President's Challenge. With almost 90,000 Americans rising to the challenge and pledging to become more active, the winning states had the highest participation rates in the nation based on state population.

The National President's Challenge, which kicked off March 20 and concluded May 15, was a six-week program launched by the President's Council to encourage Americans to be more active. Participants were able to register as individuals or with a team and set goals, log their activity and track their progress. To complete the challenge, participants 18 and older needed to be active 30 minutes a day, while youth aged 6-17 needed to be active an hour a day.

"We are thrilled that people from all 50 states, the District of Columbia and several territories participated in the National President's Challenge this year," said Melissa Johnson, executive director of the President's Council on Physical Fitness and Sports. "Governors and mayors across the country were committed to helping us create a healthier nation by challenging their constituents to participate. We will be giving special recognition to the governors in the winning states and the mayor of Washington, D.C. for their dedication and commitment to promoting physical activity and fitness."

Physical activity is an important component of a healthy lifestyle, and now that so many Americans have taken the first step in becoming active, the President's Council is encouraging them to continue by registering for the President's Challenge. The online physical activity program is available at www.presidentschallenge.org.

About The Council

The President's Council on Physical Fitness and Sports (PCPFS) is an advisory committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about physical activity, fitness and sports in America. The Office of the President's Council on Physical Fitness and Sports (PCPFS), the Department of Health and Human Services (HHS), is the HHS office containing the PCPFS Executive Director and support staff. Through its programs and partnerships with the public, private and nonprofit sectors, the Office of the PCPFS serves as a catalyst to promote health, physical activity, fitness and enjoyment for people of all ages, backgrounds and abilities

through participation in physical activity and sports. For more information about PCPFS please visit www.fitness.gov.

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