



*Help make Maine the healthiest state in the nation by becoming a **SUPPORTING MEMBER** of the Maine Governor's Council on Physical Activity.*

**The mission of the Maine Governor's Council on Physical Activity is to promote wellness for Maine people through physical activity and other health policies and practices.**

Your tax deductible membership dollars will help support:

- Advocating for health-related policies that will reduce barriers and create opportunities for Mainers to be more physically active.
- Creating model statewide physical activity programs that will ultimately improve the health of Maine residents by reducing their risk for obesity and other related chronic diseases.
- Increasing public awareness of the importance of daily physical activity through media events, legislative advocacy, and collaboration with colleagues statewide.
- Current Council events and programs (see below for details).

### **Current Council Events and Programs:**

**Maine in Motion** - statewide signature program of the Council to increase the daily level of physical activity of Mainers by using goal setting, self-monitoring, and pedometer use as a strategy for motivating individuals to maintain active lifestyles. ([www.maineinmotion.org/MIM.asp](http://www.maineinmotion.org/MIM.asp))



**Legislative Wellness Day** - an annual event, geared towards legislators, to educate and increase awareness of the importance of healthy lifestyles for Maine's children and adults. ([www.maineinmotion.org/legislative\\_wellness.asp](http://www.maineinmotion.org/legislative_wellness.asp))

**ACES Day** (All Children Exercising Simultaneously) - during this event, millions of school children all over the globe exercise simultaneously in a symbolic gesture of fitness and unity to show the world the importance of developing an active lifestyle starting at an early age and its impact on health throughout the lifespan. ([www.maineinmotion.org/aces.asp](http://www.maineinmotion.org/aces.asp))



**National Employee Health & Fitness Day** - a national health observance promoting the benefits of regular physical activity to employees and employers through worksite health promotion activities that encourage and empower employees to be physically active. ([www.maineinmotion.org/national\\_wellness.asp](http://www.maineinmotion.org/national_wellness.asp))

**Contest for Communities** - this event recognizes Maine people who are involved in promoting physical activity and offers the opportunity for organizations, businesses, schools, civic groups, and individuals to feature their accomplishments in physical activity. ([www.maineinmotion.org/contest\\_communities.asp](http://www.maineinmotion.org/contest_communities.asp))

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## 2008-2009 Annual Supporting Membership Categories:

- Junior** - \$10 (under 18 years of age)
- Full-time Student or Retiree** - \$20 (qualification for student rate is 12 credit hours or more; Retirees must be at least 65 years of age)
- Individual** - \$40
- Family** - \$60
- Business/Organizational** - \$100
- Exemplary Supporting Member** - I would like to further support the work of the Governor's Council on Physical Activity. Please accept my contribution of \$\_\_\_\_\_.

Name: \_\_\_\_\_

Business/Organization Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

This is my  home  business address.

Year of Birth: \_\_\_\_\_

My check is enclosed.  Please bill me.

## Membership Benefits:

- Name listed on web site and annual report.  Council bi-annual newsletter.
- Monthly *Maine in Motion* e-newsletter.  Invitation to annual business meeting.
- Periodic announcements of Council events, programs, and physical activity news.

(If you do **NOT** wish to receive any of the above, please check the corresponding box.)

## My interest is:

- Networking  Supporting Council events
- Being a member of a committee (for more information on Council activities, go to [www.maineinmotion.org](http://www.maineinmotion.org))  Current information on wellness and physical activity
- Other: \_\_\_\_\_

All contributions are tax deductible.\*

Please return completed form along with your check made payable to:  
MCD Health Development Fund/MGCPA  
11 Parkwood Drive  
Augusta, Maine 04330

\*MCD (Medical Care Development) is the fiscal agent of the Maine Governor's Council on Physical Activity.