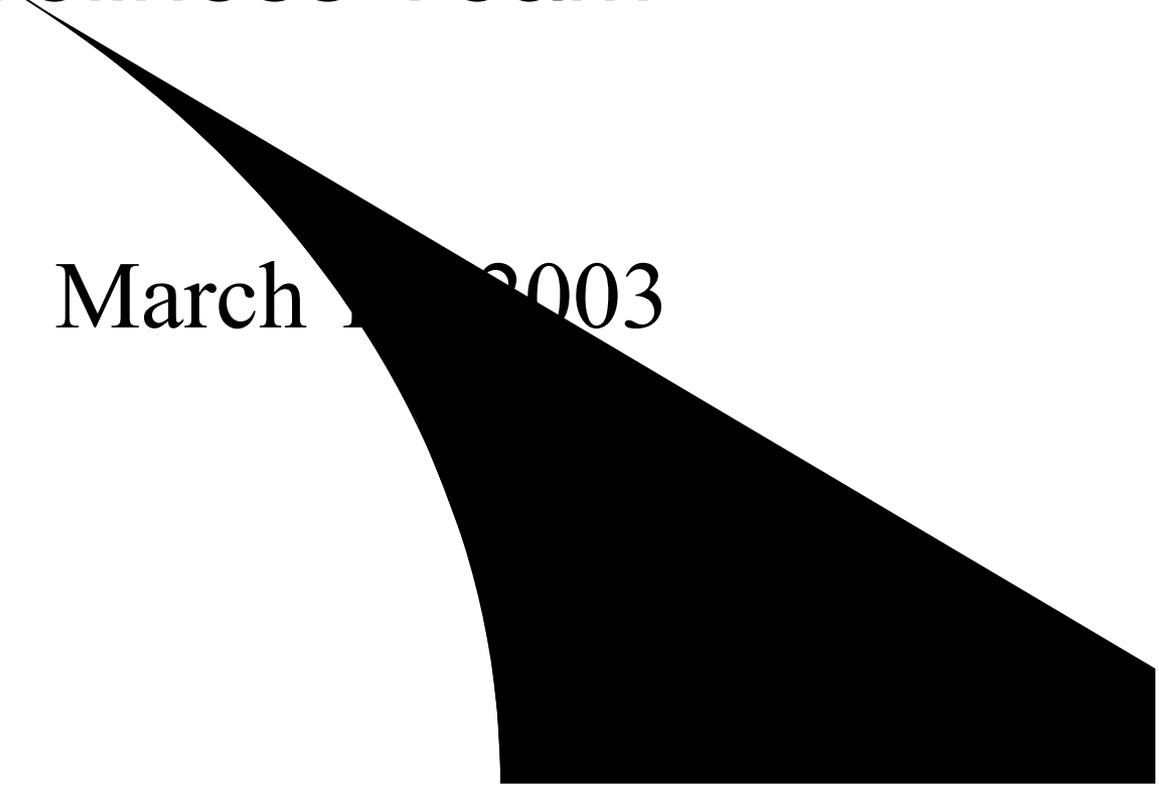


NASA Health Promotion and Wellness Team

March 1, 2003



FEEL BETTER • MORE ENERGY • MANAGE STRESS

THE PRESIDENTIAL ADULT ACTIVITY LIFESTYLE CHALLENGE

Register on-line at
<http://fitness.ksc.nasa.gov/challenge>

Begin any Monday from Feb. 10 to Nov. 9, 2003!

Accumulate 30 minutes of activity or 10,000 steps, 5 times per week for 6 weeks!

Feel Better about yourself!

Be a strong, POSITIVE INFLUENCE for co-workers and youth.
Spend QUALITY TIME with family and friends.

Free
Stuff!

Call 867-7829 for more information

Win
Pedometers!
Win
T-Shirts!

Spaceport
Health Fitness

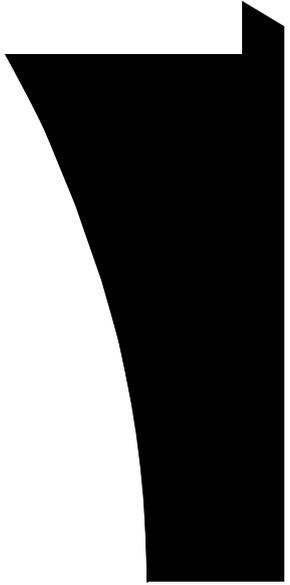


Learn! Get Motivated! Take Action! Initiative



GET ACTIVE • GET HEALTHY • TAKE ACTION!

Spaceport
Health Fitness
Learn! Get Motivated! Take Action! Initiative



CENTER DIRECTOR'S COMMUNICATION

CD COMM #2003-01

January 29, 2003

TA

TO: All KSC Civil Service and Contractor Employees

FROM: AA/Director

SUBJECT: KSC

Health and Fitness Initiative

President Bush has declared a *Healthier U.S. Initiative*, with the idea that increasing personal fitness and leading a healthier lifestyle is important to a longer and healthier life. Improving overall health is as simple as making adjustments and improvements in the activities of daily life. The President's *Healthier U.S. Initiative* has identified four key areas for a healthier America:

1. Be physically active every day
2. Eat a nutritious diet
3. Get preventive screenings
4. Make healthy choices

The President has made two actions toward his *Healthier U.S. Initiative* goals to promote physical fitness:

- a. Revitalization of The President's Council on Physical Fitness and Sports
- b. An Executive Order Regarding Agencywide Activities to Promote Personal Fitness.

In support of the President's *Healthier U.S. Initiative*, the Spaceport Authority's Health, Education and Wellness Working Group, has arranged a Health and Fitness Initiative at KSC. Nationally known expert speakers will present topics from 1 p.m. in the NASA Training Auditorium on February 4 through 6, 2009, and these presentations also will be broadcast on Channel 60. Managers and supervisors are asked to support the Health and Fitness Initiative by allowing employees to attend the presentations or to watch the live broadcast, and to encourage employees to participate in the follow-on President's Challenge Award (a 6-week program to document the recommended amount of individual physical activity).

By modifying lifestyles to align an individual with the recommended nutritional needs, physical activity and healthy choices, there is a significant potential benefit with regards to productivity, well-being, longevity, health and happiness.

I highly encourage participation in the Health and Fitness Initiative, and firmly believe that regular physical activity should be incorporated into every individual's lifestyle. Encouraging employees, their families and friends to participate in healthy lifestyles for the rest of their lives is the objective of the Initiative. Each of us can make a difference!

See the enclosed flyer for additional information.

/Original Signed By/
Roy D. Bridges, Jr.

Enclosure

Distribution:
STD-L-R

Advertising via Email and Newsletters...

ONE of the HEALTHIEST WAYS to MANAGE STRESS

Add some physical activity to your day! Register today for the **Presidential Adult Activity Lifestyle (PAAL) Challenge** at <http://fitness.ksc.nasa.gov/challenge> to begin any Monday through November 10, 2003.

Requirements: Complete any form of physical activity for 30 minutes or 10,000 steps (measured by using a pedometer) at least 5 days a week for 6 consecutive weeks.

Sign-up and track your minutes of physical activity and pedometer steps on the KSC Fitness Centers' Challenge website <http://fitness.ksc.nasa.gov/challenge>, or pick up a PAAL sign-up form from the KSC Fitness Centers, OHF, the NSLD Health and Wellness Center, or any one of the KSC Cafeterias and begin to record your minutes or steps.

Awards can be earned by participating in the KSC Fitness Centers' surveillance group and successfully completing the PAAL challenge. Call 867-7829 to schedule your appointment to have your baseline measurements taken.

Begin any Monday through November 10, 2003.
<mailto:gensmsj@kscems.ksc.nasa.gov>

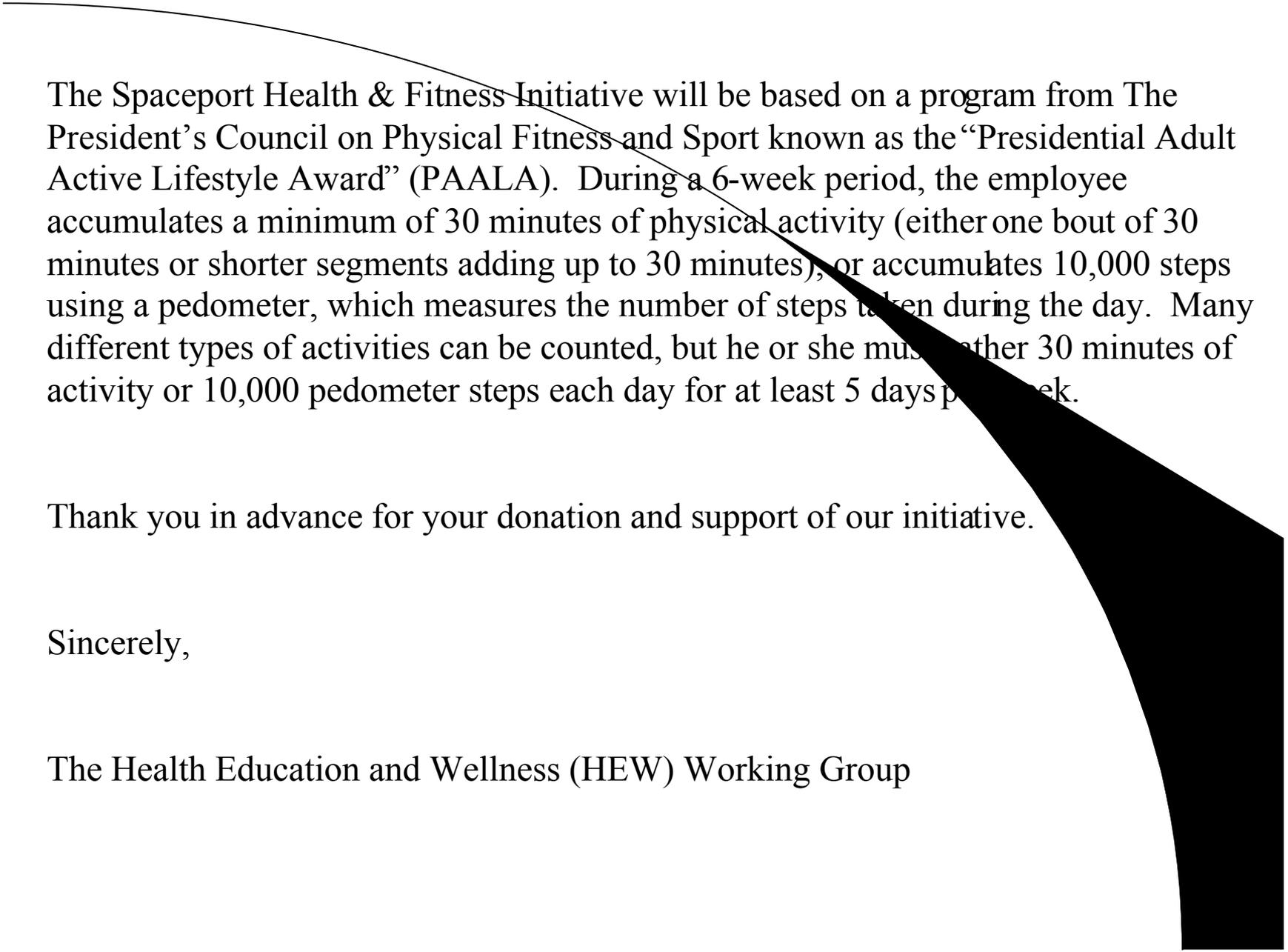
DONATIONS LETTER

To Whom It May Concern,

Jan. 22, 2003

In health circles around the country, February is known as “Heart Month”. At Spaceport USA, February begins a 6-week effort to increase employees’ health through physical activity. Tying in with the President’s “Healthier Choices” (the Kennedy Space Center Health, Education, and Wellness Working Group and the Working Group), has sponsored a Health & Fitness Initiative, which begins in February.

We would like to request a door prize donation that will be raffled off to employees of the Kennedy Space Center/Cape Canaveral Air Force Station. Your donation will assist in motivating the employee to “get active” and take a positive step toward a healthier lifestyle.



The Spaceport Health & Fitness Initiative will be based on a program from The President's Council on Physical Fitness and Sport known as the "Presidential Adult Active Lifestyle Award" (PAALA). During a 6-week period, the employee accumulates a minimum of 30 minutes of physical activity (either one bout of 30 minutes or shorter segments adding up to 30 minutes), or accumulates 10,000 steps using a pedometer, which measures the number of steps taken during the day. Many different types of activities can be counted, but he or she must gather 30 minutes of activity or 10,000 pedometer steps each day for at least 5 days per week.

Thank you in advance for your donation and support of our initiative.

Sincerely,

The Health Education and Wellness (HEW) Working Group

Frequently Asked Questions Getting Started!

What is The Presidential Adult Active Lifestyle Award (PAAL)?

The PAAL is the challenge being used by the Health, Education and Wellness Working Group to promote physical activity for employees of KSC/CCAFS. Studies have shown that being active with others increases the likelihood that this activity will become a lifestyle. We hope that by accepting this challenge, you will challenge others to be active. By earning this award, you can enhance your own health, and hopefully encourage your coworkers, children, and youth and to be physically active.

What are the requirements for the award?

Frequency: The amount of physical activity required must be done five days a week to earn the award. The activity may be done on your own or with a co-worker or child to help encourage a more active lifestyle in those around you, which helps to allow you to lead a more active life as well. Help yourself while helping others!

Duration: Either a minimum of 30 minutes of physical activity daily (within one bout or shorter segments throughout the day that adds up to 30 minutes) or an accumulation of 10,000 steps daily (by using a pedometer that measures the number of steps taken).

Number of Weeks: Six weeks of five days per week is the standard for the award. You are encouraged to earn the award multiple times. Stickers placed on the certificate indicate the number of times that the award has been earned.

What is considered “physical activity”?

Any form of physical activity, like walking, exercising in a fitness center or gym, sports or recreational activities - even house and yard work.

How do you sign up? Log your participation online!

You can keep track of your minutes of physical activity and/or pedometer steps, on the KSC Fitness Center’s Challenge website <http://fitness.ksc.nasa.gov/challenge>, or pick up a PAAL brochure from KSC Fitness Centers, OHF, the NSLD Health and Wellness Center, or any of the cafeterias and begin to record your minutes or steps.

Frequently Asked Questions Participation

Independent vs. Fitness Center Surveillance Group

Participate Independently

Pick up a President's Challenge brochure from the KSC Fitness Centers, OHF, the NSLD Health and Wellness Center, or one of the cafeterias and log your minutes or steps (using a pedometer) online at <http://fitness.ksc.nasa.gov/challenge> or within the brochure. When you have successfully completed all six weeks, notify the Fitness Center and/or fill out the form and bring it to the Fitness Center. If you wish to receive the Presidential Adult Active Lifestyle Award emblem, certificate, or applicable stickers, mail the completed form within the brochure to President's Challenge, 400 E. 7th Street, Bloomington, IN 47405-3085 with a check/money order.

Frequently Asked Questions Participation

Independent vs. Fitness Center Surveillance Group

Participate Among a Surveillance Group with the KSC Fitness Centers

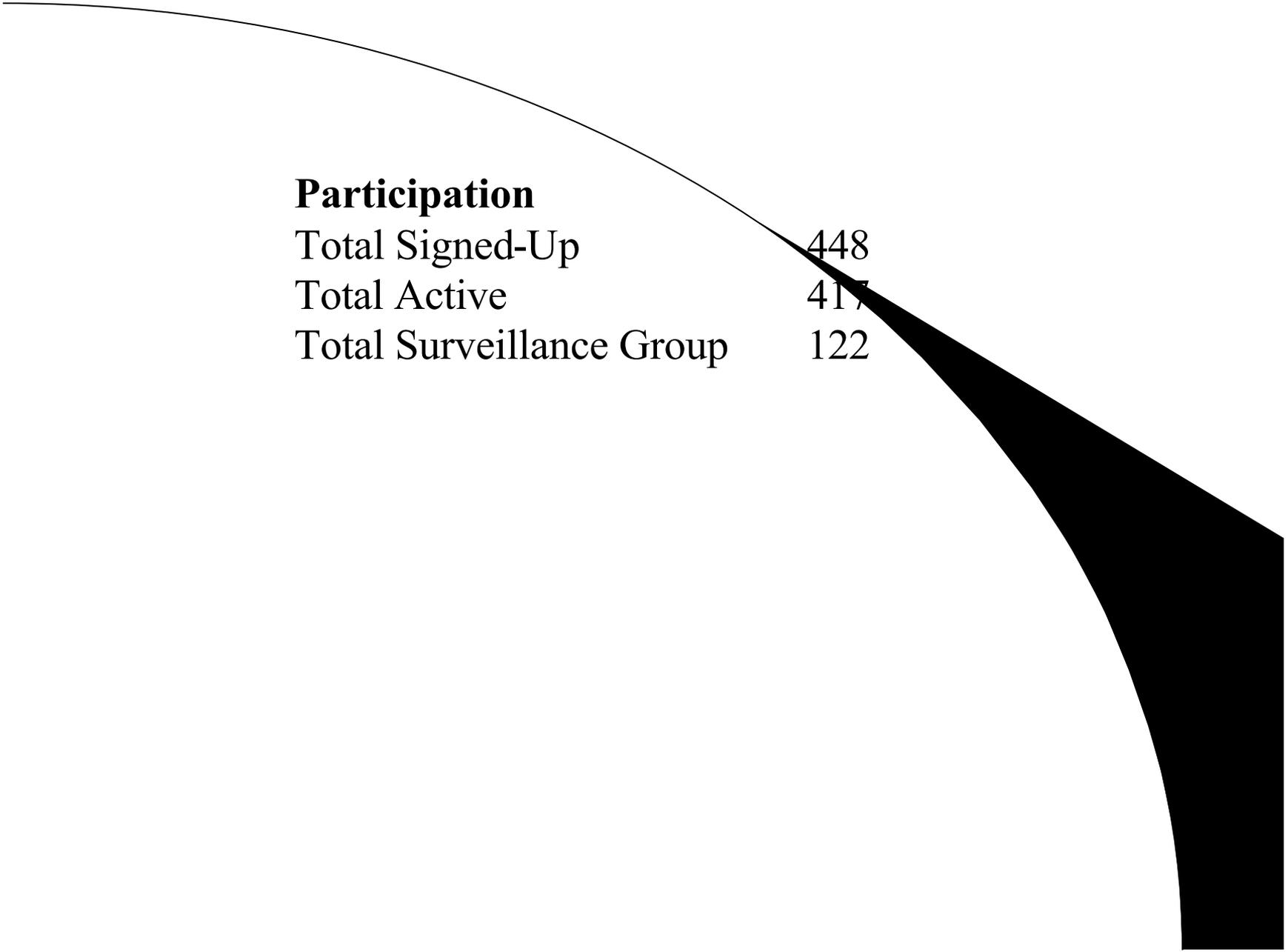
If you choose to become a KSC Fitness Center member and participate in a surveillance group, your baseline measurements will be taken (body composition, circumference measures, height, weight, body mass index, resting heart rate and blood pressure). A pedometer will be assigned to you, if needed, to measure the number of steps taken each day for a six weeks (first come first serve). Upon successful completion of the six-week program, follow-up measurements will be taken to show the results of your participation in the program. Certificates and other prizes (t-shirt or pedometer -- first come first serve) will be presented to all members who successfully complete the six-week program and their follow-up measurements, and stickers for those who complete subsequent six-week blocks.

The participant(s) who complete(s) the most six-week blocks as of September 28, 2003 (33 weeks), and then as of December 21, 2003 (40 weeks) will earn handsome rewards!

Prizes

1. PAAL certificates
2. PAAL T-Shirts
3. BodyMasters' T-Shirts
4. Pedometers
5. Smoothy Drink gift certificates
6. Massages – one hour
7. \$10 Bagel gift certificates
8. Large Pizzas
9. \$10 Dry Cleaner certificates
10. \$25 Running Store gift certificate
11. Water Bottles

* First come, first serve.



Participation

Total Signed-Up

448

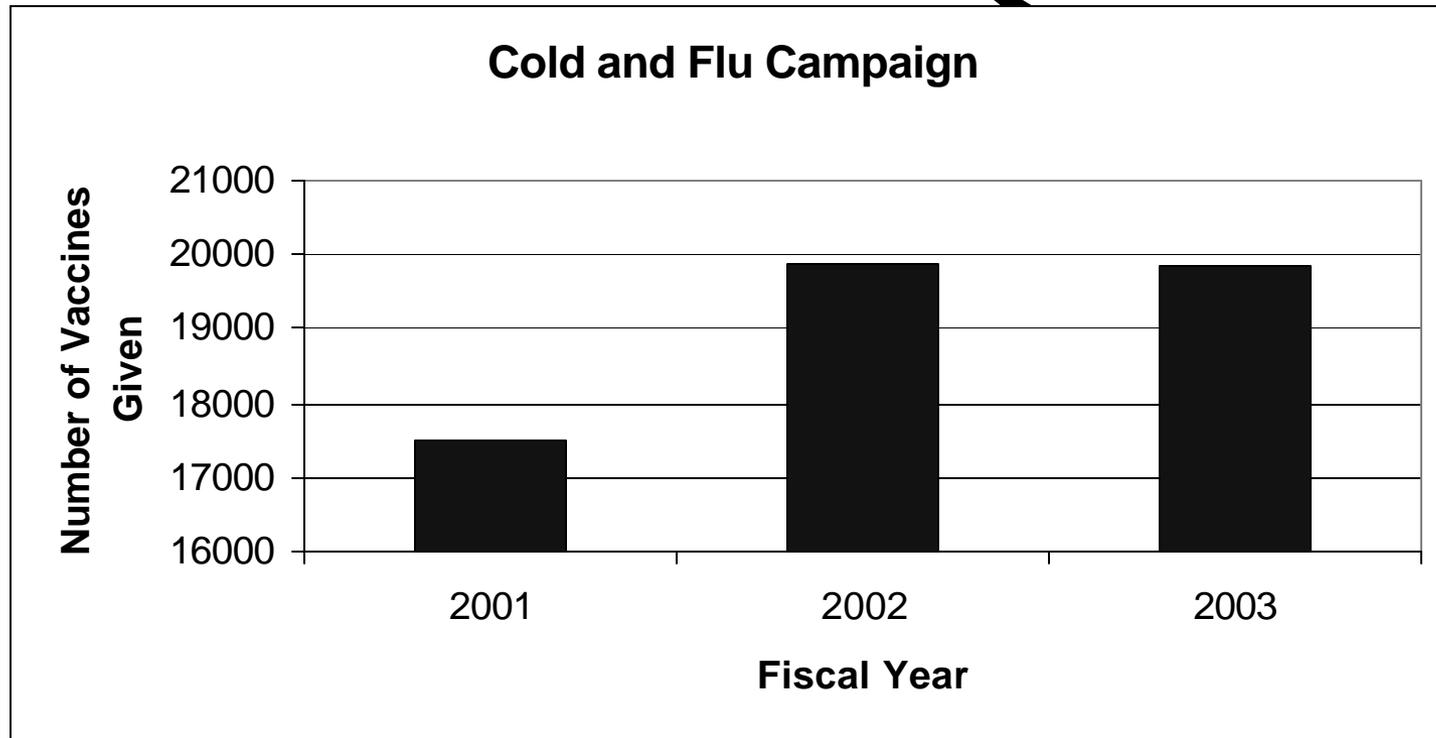
Total Active

417

Total Surveillance Group

122

Influenza Vaccine Data



Influenza Vaccine Data

