

## **2010 MAYOR'S ANNUAL HEALTH AND FITNESS**

### **AWARD WINNERS**

#### **FITNESS**

##### **Mark Brown**

One year ago on his 50<sup>th</sup> birthday, Mark was diagnosed as having a heart condition that would require a pacemaker. His heart rate would drop to below 30 at resting and he noticed in his workouts that he would have a hard time breathing and almost black out. Since receiving the pacemaker, he has maintained his exercise routine and even increased his workouts. He encourages fitness as a lifestyle to anyone who will listen, and motivates those who know him to always strive for the best and treat one's health as a precious gift.

##### **Billie Coachman**

Billie is an active volunteer in her community and a leader within Delta Sigma Theta Sorority. She was a cheerleader in college, and later became a cheerleading coach at Lincoln University, and a Physical Education teacher in Columbia Public Schools. For six years she held free exercise classes in her basement for any person who was willing and able to participate. Currently, she volunteers as a fitness instructor three nights per week at Progressive Church Christian Life Center, where she is described as enthusiastic, motivating and above all patient.

### **Mindaloo Paxman**

**Mindaloo is a personal trainer at Wilson's Fitness Center. She broke her back twice, and decided to specialize in training athletes with chronic pain. She uses her personal experiences to motivate and inspire others. Mindaloo graduated at the top of her class at the National Personal Trainers Institute. She continues to study with experts in order to extend her knowledge and skill, so that she can provide the best services for her clients.**

### **Branca Prentiss**

**Branca can be found practically every morning on the MKT Trail between the Stadium and Scott Blvd trail heads. In her 70s, she walks 3-4 miles with great energy and purpose. She attributes her commitment to health to her father, who taught her that daily walking is the secret to good health and longevity. In addition to walking, she is a regular in her weekly Yoga classes. She is generous with her support and encouragement of others, and is a true friend to all the people on the trail who are lucky enough to meet her.**

### **Erika Rice**

**Erika's leg was amputated below the knee when she was 4 years old. As a result, she never developed an interest in exercise. Within the last two years, however, her friends encouraged her to join them when they exercised at Wilson's Fitness Center. She has been committed to regular exercise for the last year and a half, and has lost over 30 pounds. An unexpected result of the exercise was increased self-confidence. Along the way, she has become a source of inspiration to others.**

## **MENTOR**

### **Darwin Hindman**

**Darwin served as Mayor of Columbia for 15 years. In 1999 he established the Mayor's Council on Physical Fitness and Health. During his term as Mayor, Columbia received 20 million dollars in federal funding to run a pilot project to promote bicycling and walking as an alternative to driving. In 2009, Darwin received the Leadership For Healthy Communities Award, along with the Mayors of New York and San Francisco. He has been a life-long promoter of developing recreational trails throughout Missouri, and he is frequently seen riding his bicycle on the trails and streets of Columbia.**

### **Linda LaFontaine**

**Linda was the first and so far the only female President of the Columbia Track Club. She served for 5 years and, during her tenure, she oversaw the Summer Youth Fitness Programs emphasizing running and walking, and numerous other fitness events including the Heart of America Marathon. She participates in all aspects of the club, runs in many of the club sponsored races, and is supportive of other runners. In 2009 she and her kayak partner won the women's tandem division of the Missouri River 340 race, a 340- miler designed for canoes and kayaks.**

**Simon Rose (will attend unless wife is in hospital having their baby)**

**As a radio host on “The Morning Meeting”/KFRU 1400, Simon has been a strong supporter of Columbia’s fitness programs. He is a regular runner and, in 2009 he volunteered to promote the 50<sup>th</sup> annual running of the Heart of America Marathon through several race related interviews on his radio show. He even ran the race, stopping at designated points along the way to report his observations live on the radio. As a result of his media efforts, the 50<sup>th</sup> Heart of America had a record number of finishers—278. This was 100 more runners than the previous record in 1978. He continues to use his show to make Columbians aware of the value of a healthy lifestyle.**

**Evelina Slatinska**

**Evelina Slatinska is a native of Sofia, Bulgaria where she represented her country in the Balkan Games, European Cup and World Cup. In 1998, she was the 1500 meter champion at the Balkan Games. In 2009 she was recognized as a Heart of America Athletic Conference Cross Country Men’s COACH OF THE YEAR. She moved to Columbia this year and worked as a Personal Trainer and Running Coach. She is currently volunteering as a training assistant with the University of Missouri Football team. Evelina loves running and teaching and is an inspirational coach and trainer.**

## **Ian Thomas**

**Ian was one of the founding members of the PedNet Coalition and serves as its Executive Director. PedNet celebrated its tenth birthday this year, and has become a nationally recognized organization with 7,000 members. Under Dr. Thomas's leadership, PedNet has started bicycle education programs, been the driving force behind the Mayor's Challenge Bike, Walk and Wheel week and numerous other programs, resulting in Columbia becoming one of the national leaders in the non-motorized transportation movement. Perhaps his most well know achievement is the creation of what has become the largest "walking school bus" program in the United States. PedNet, under Ian's leadership, has been responsible for thousands of Columbia adults and children exercising more, and living healthier lifestyles.**

## **SMOKING CESSATION**

### **Annie Dohack**

**Annie is more than a fitness trainer at Wilson's Fitness North. Not only does she teach exercise, healthy eating and weight loss, but she also encourages trainees to quit smoking, and then rewards them with a free month of training. She inspires trainees to value and believe in themselves, and takes a personal interest in each of their lives. She shares her own personal stories; including losing her father to lung cancer at the age of 15, and being diagnosed with Type 2 diabetes when she was 19. Annie is passionate about fitness and works tirelessly to help others experience the benefits of overall health.**

### **Senator Kurt Schaefer (unable to attend due to a prior commitment in St. Louis)**

**Senator Schaefer introduced and secured funding for a new smoking cessation pilot program into the FY 2011 Missouri budget. The program will be available beginning on July 1, 2010 for Missouri residents currently on Medicaid. The program is intended to save the state money in Medicaid costs and to promote healthy lifestyles in Missouri. Studies show that each \$1.00 invested in smoking cessation yields short term medical cost savings of \$7.75.**

## **WEIGHT LOSS**

### **Stephens College (President Dianne Lynch will accept award)**

The faculty and staff of Stephens College have made a four-month commitment (from Sept. 1 – Jan. 1) to lead healthier lifestyles as part of a Health and Wellness Challenge. As an added incentive, the College will receive a \$1 million gift from a health-conscious alumna if the Stephens community loses 250 pounds collectively. The Challenge programming includes exercise classes, a walking program, Weight Watchers meetings, lectures, incentives, and healthy food choices in the dining room. As of late September, 100 faculty and staff had volunteered to participate in the program. As of Oct. 1, participants had shed more than 88 pounds.

### **Toby Cunningham**

Toby weighed 535 pounds not too long ago. With the support of his employers at Faber and Brand, and a new found commitment to losing weight and becoming fit, he started the Seattle Sutton diet plan and worked with a free personal trainer provided by Wilson's Fitness Center. Since March of this year, he has lost over 140 pounds and tremendously improved his health and fitness.

### **Nicole Deters**

**Nicole has completely changed her approach to how she is living her life. Weight loss is her primary objective, and over the past three years she has lost a total of 85 pounds. Her new healthy lifestyle choices include exercising 4-5 days a week, including walking and running, weight and resistance training, boxing and tennis, and healthy eating. In spite of recent health problems, she has maintained her commitment to losing weight, and has signed up to participate in Columbia College's Biggest Loser program.**

### **Shelly DeVore**

**In 2008 Shelly started a personal weight loss program, found it extremely beneficial, and wanted others to receive similar benefits. In 2009, she approached the Vice President of Human Resources for Columbia Insurance Group about offering an onsite weight loss program. The suggestion was accepted and the company even offered a financial incentive for participation. Between June 2008 and September 2009 the employees in the Columbia office have lost over 1,500 lbs. As a result of Shelly's suggestion, the physical fitness and health of Columbia Insurance Group employees has improved.**

## **YOUTH**

**Big Brothers and Big Sisters (Big Brother Cliff Lewton with Little Brother Rodney and Big Sister Caitlin Starke with Little Sister Precious will accept the award)**

**Big Brothers and Big Sisters have engaged in a “Healthy Kids, Healthy Choices” program to get their Little Brothers and Little Sisters away from television sets and video games and out to explore nature and engage in physical fitness activities. Programs funded by the Missouri Health Foundation and the Environmental Protection Agency are led by the Big Brothers and Big Sisters who understand that physical fitness and appreciation of the outdoors is part of a healthy lifestyle. One of the positive outcomes is that some of the mentors have never experienced the activities that they and their Little are experiencing together. Both the Big and the Little are becoming more physically fit and health conscious.**