

2009-2010 Shining Star Awards Program

Tennessee Governor's Council on Physical Fitness & Health

The Tennessee Governor's Council on Physical Fitness and Health was created to address the health and fitness needs of all Tennesseans through the promotion of healthy lifestyles. The council recognizes that to be successful in affecting a change in the lifestyle habits of Tennesseans, a cooperative effort will be required of government agencies, businesses, communities, and individuals that share the goal of enhancing the quality of life in Tennessee through the promotion of healthy lifestyles.

Towards that end, the Governor's Council has established a Shining Star Awards Program designed to recognize the efforts of and contribution to the promotion of healthy lifestyles by groups of Tennesseans in the following areas – Where we **Live** (communities), Where we **Work** (employers), Where we **Learn** (educational settings) and through the **Media**.

This is the third year for the Shining Star award. More information on the program and previous award winners can be found on the Governors Council website at <http://health.state.tn.us/governorscouncil/index.shtml>

Nomination Procedure

1. Carefully review each category to determine eligibility for award. Descriptions of the categories can be found on the following page.
2. Complete attached awards form and compile a 250 word program description. Please see page 4 for additional information on the program description.
3. Return to Tennessee Department of Health, the sponsoring agency of the Tennessee Governor's Council on Physical Fitness & Health, by March 1, 2010 (entries mailed must be postmarked by deadline date).
4. Nomination forms may be submitted by businesses, organizations, media or individuals.
5. Nominations will be reviewed and judged by Governor's Council Awards Committee and recommendations will be submitted to full council for final approval.
6. Three winners will be selected for the following categories: Where we **Live**, Where we **Work**, and Where we **Learn**. One winner will be selected in the **Media** category. All winners will be notified by April 2010. If previous winner, you must wait 3 years to apply again.

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 Award Category Descriptions

Where we Live	For the group, agency, program or individual who has made extraordinary efforts in promoting healthy lifestyles in the community with special consideration of those citizens who may otherwise not have the opportunity to participate in health and fitness enhancing activities. Promotions may be through community events and programs or through individual service.
Where we Work	For vision in recognizing the value of physical activity, fitness and wellness programs and activities at the worksite for heightened employee productivity, motivation and general well being. Employer must offer and make accessible an on-going fitness/wellness program to all employees.
Where we Learn	Provide opportunities that help all individuals, pre-K through higher education, develop the knowledge, attitudes, skills and behaviors to adopt, maintain and enjoy a physically active lifestyle. Follow State board of Education physical activity policy for K – 12.
Media	For the group or agency who has utilized the media to promote healthy lifestyles, physical activity and wellness for the general public. All forms of media are included such as television, radio, print or electronic media.

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Nomination Form

Complete all items on nomination form and return with supporting documents requested to:

Laurie Stanton, Council Awards Committee Coordinator
Governor's Council on Physical Fitness & Health
Tennessee Department of Health – Nutrition & Wellness
425 5th Ave N., 5th Floor Cordell Hull Building
Nashville, TN 37243

Fax: 615-532-7189

All entries must be postmarked by February 1, 2010.

Name of Nominee (business, newspaper, program, legislator, individual, television/radio station)

Organization/Individual: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Fax: _____

E-mail: _____

Award Category: Live Work Learn Media
(circle one)

Submitted by:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (W) _____ (H) _____ Fax: _____

E-mail: _____

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Application Instructions

1. Please provide a description of the program, activity or promotion. Use the following outline:
 - I. Program description - Include a brief history of the program, the number of people who participated, the location (site/city/county) and a general description of the program itself
 - II. Program goals and objectives
 - III. Program results and evaluation (e.g. employer – lower absenteeism due to illness; media – number of reader or viewer responses; individual - uniqueness of promotion, i.e. first time offered, only program of its type, etc.)
2. Include articles, news releases, and/or brochures of other publications highlighting the program, activity or promotion.
3. Include three (3) letters of support from participants, sponsors, affiliated organizations or officials involved in implementation.
4. It is recommended, but not required, that each application packet be organized into a three ring binder, no more than 1" thick.
5. All applications and support materials become the property of the Tennessee Governor's Council on Physical Fitness and Health. **Materials will NOT be returned.**