



Mission Statement

To promote a healthy lifestyle for all New Hampshire residents, through an emphasis on physical activity and fitness, by working in cooperation with all sectors of society.

Vision Statement

The state and its communities embrace and support a culture that promotes physical activity and physical and health education.

All New Hampshire residents value and regularly engage in a healthy level of physical activity and fitness.



The Governor's Council on Physical Activity & Health is comprised of 21 members with various backgrounds and expertise working together toward a common goal.

Members include the following organizations:

- ◆ American Cancer Society
- ◆ Anthem Blue Cross & Blue Shield
- ◆ Heal NH (Healthy Eating, Active Living)
- ◆ NH Association for Health, Physical Education, Recreation, and Dance
- ◆ NH Healthy Schools Coalition
- ◆ NH Hospitals (Concord Hospital, CMC)
- ◆ NH Pediatric Society, Granite State Fitkids
- ◆ NH Legislatures
- ◆ NH Recreation & Park Association
- ◆ NH State House Representatives
- ◆ Office of the Governor
- ◆ Plymouth State University
- ◆ Physical Education Teachers (Newmarket School)
- ◆ Private Fitness Businesses
- ◆ Granite State Senior Games
- ◆ Older Adult Organizations
- ◆ State Departments of Education, Health and Human Services, Administrative Services
- ◆ Veterans Health Administration
- ◆ University of New Hampshire
- ◆ YMCA's of New Hampshire

NHMOVES

www.nhmoves.org



ABOUT US

New Hampshire's Governor's Council on Physical Activity & Health was formed by Executive Order of former Governor, Judd Gregg in 1991 and has been continued by those holding this office. The Council is charged with the responsibility of promoting a healthy active lifestyle for all citizens of New Hampshire.

Over the years, the Council has organized and promoted various physical activity and health promotion programs, such as Physical Best, Walk Into History, and F.I.T. Day, Governor's Walking Challenge, the Fitnessgram Training, The Granite Walk of Ages and the Outstanding Achievement Awards and the 90 Day Challenge.

The Council has also focused on advocacy through legislative action, health initiatives and physical education program promotion, public speaking, and professional education. Numerous health related bills have passed the legislature with the expert help of the Council. Informational resource programs for legislators and municipal governments, help to educate officials on the need for action.

PROGRAMS AND SERVICES

Granite Walk of Ages

Friday, May 27th, 2016

A statewide health initiative, centered on bringing together towns, cities, schools, organizations and businesses in New Hampshire. This walk focuses on chronic disease prevention, decreasing physical inactivity, and increasing well-being.



Begins June 1st, 2016

The 90 Day Challenge is designed to get you moving every day. Each day, participants are encouraged to move one mile per day (or 20 minutes of sustained physical activity). Bring your 90 Day Challenge passport and a valid NH Driver's License to select New Hampshire State parks for free admission! Details on how to sign up will be available by May 1st at www.nhmoves.org.

Legislative action

Members of the Council provide expert testimony and expert resources for legislation that promotes healthy lifestyles.

Outstanding Achievement Awards

Ceremony: Friday, May 27th 2016

Annual recognition for organizations, schools, and agencies that promote health in New Hampshire.

Categories include:

- ◆ Senior (Older Adults)
- ◆ Work Sites/Employers
- ◆ Disability Related
- ◆ Youth Related
- ◆ Community (Town/City)
- ◆ School Districts and/or Individual Schools

Health Directory

The Council offers in-depth online resources to professionals and citizens. gcpah@nh.gov

White Papers

Resource materials on specific topics related to health and physical activity are given to the Governor and legislators and available to state departments and organizations.