



# FAIRFAX COUNTY PARK AUTHORITY

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# M E M O R A N D U M



**TO:** Chairman and Members  
Park Authority Board

**VIA:** Michael A. Kane, Director

**FROM:** Charles Bittenbring, Director  
Park Services Division

**DATE:** March 9, 2007

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***Agenda***  
**Park Services Committee**  
**Wednesday, March 14, 2007 – 4:30 p.m.**  
**Board Room – Herrity Building**  
**Chairman: Edward S. Batten, Jr.**

1. Healthy and Strong All Summer Long - Presentation\*

\*Enclosures

cc: Timothy K. White  
Leadership Team



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Committee Agenda Item  
March 14, 2007

## **PRESENTATION**

### Youth Fitness Initiatives

Youth fitness initiatives are an important component of the Park Authority's strategic plan initiative to combat childhood obesity. A new fitness program, *Healthy and Strong All Summer Long*, had a successful launch at nine Rec-PAC sites in summer 2006. Staff will present on the results of last summer's successful roll-out of the *Healthy and Strong* program and discuss plans for an expansion of the program in 2007. In addition, staff will highlight other fitness initiatives by Park Services to reach out to communities, schools and families to promote physical activity and healthy lifestyle choices.

### ENCLOSED DOCUMENTS:

None

### STAFF:

Michael A. Kane, Director

Timothy K. White, Chief Operating Officer

Charles Bittenbring, Director, Park Services Division

John Berlin, Program Services Section Manager

Janet Weaver, Management Analyst, Park Services Division

Monica Phillips, Fitness & Wellness Section Manager, Park Services Division

Dr. Kwame Brown, Fitness Director, Oak Marr RECenter, Park Services Division

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