

Dear Friends,

This week we focused on improving the health and physical fitness of Floridians. We restored the Governor's Baseball Dinner to honor Major League Baseball and Minor League clubs who train throughout the spring and summer here in Florida. The dinner is a wonderful opportunity to thank baseball for their long and storied history in our state that goes back nearly a century.



Sports like baseball are a great way to encourage outdoor activities and get Floridians excited about being physically active.



This week I announced the Governor's Fitness Challenge. This is an eight-week challenge that encourages elementary schools and students to participate in physical activity. The Challenge focuses on five activities that can be completed during or after the school day.

Participating schools have the opportunity to win thousands of dollars' worth of sports or fitness equipment — or a visit from a Florida professional athlete or Olympian. Schools will also have the opportunity to receive a designation as a *Governor's Fitness Champion School*. The registration deadline for individuals and schools is Friday, March 7, 2008. Registration forms and more information about the Challenge can be found at [www.GovernorsFitnessChallenge.com](http://www.GovernorsFitnessChallenge.com).



Physical fitness is an important part of the development of young children. I hope you will join me in this cause to build a better future for our young people by teaching them how to lead a healthy lifestyle.

Thank you and may God continue to bless Florida.

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**Top Right:** Cal Ripken Jr. receives a check on behalf of the 2008 Governor's Baseball Dinner to benefit the Cal Ripken Sr. Foundation and go toward establishing a youth baseball program in the Tampa Bay area. The Foundation's programs use baseball and softball to develop character and give disadvantaged youth opportunities to succeed.

**Middle Left:** A student demonstrates the Broad Jump, which measures lower body strength, during a recent school visit where Governor Charlie Crist announced the Governor's Fitness Challenge.

**Bottom Right:** Governor Charlie Crist encourages Florida elementary schools and students to participate in the Governor's Fitness Challenge. Students will also be encouraged to engage in physical activity outside of the school environment.