## PART XVIII

## APPENDIXES

- **Mayor's Health and Fitness Challenge Registration Form**
  The form was distributed in three languages: English, Spanish and Creole. A shorter form in the same three (3) languages was also created for children.

- **Selected Letters of Appreciation**

# MAYOR'S HEALTH AND FITNESS CHALLENGE

## *PARTICIPANT REGISTRATION FORM*

| IS THIS THE FIRST TIME YOU HAVE FILLED OUT THIS FORM: ☐Yes ☐No If No, enter date last filled out: _____ and GO TO SECTION II. | | | |
|---|---|---|---|
| SECTION I: PARTICIPANT INFORMATION: | | | |
| Date: / / | | | |
| Last Name: | First Name: | | M.I.: |
| | | | |
| Street: | City: | State: | Zip + 4: |
| | | | |
| Email: | Phone: ( ) | | |
| | | | |
| Gender: ☐ Female ☐ Male | Year of Birth: | Ethnic Background: | |
| Education: ☐ Not a high school graduate ☐ High school graduate ☐ Some college ☐ Four-year college graduate | | | |
| SECTION II: FITNESS ASSESSMENT: *(Only to be completed by Health and Fitness Challenge Staff)* | | | |
| Height: | Weight: | Body Mass Index / % Body Fat: / | Blood Pressure: |

| Directions: Please check the most appropriate answer for you. | |
|---|---|
| 1. Do you agree to join Mayor Alex Penelas in his Health and Fitness Challenge and in doing so adopt a healthy lifestyle: Participating in regular exercise, eating a healthier diet and learning better ways to manage daily stress? | ☐ Yes ☐ No |
| 2. Do you plan on attending future Mayor's Health and Fitness Challenge community events? | ☐ Yes ☐ No |
| 3. Do you have health insurance? | ☐ Yes ☐ No |
| 4. Do you have a primary care doctor? | ☐ Yes ☐ No |
| 5. Have you seen a primary care doctor within the past two years? | ☐Yes ☐ No |
| 6. On average, how often do you smoke? ☐ Not at all ☐ Occasional use of cigar or pipe ☐ Cigarettes: Less than 10/day ☐ Cigarettes: 11-20 per day ☐ Cigarettes: 21-30 per day ☐ Cigarettes: 31-or more per day | |
| 7. On average how many glasses of alcohol do you drink per week? ☐ Not at all ☐ 1-3 glasses ☐ 4-5 glasses ☐ 6-7 glasses ☐ 8-10 glasses ☐ 11-20 glasses ☐ 21 or more glasses | |

← CONTINUED ON OTHER SIDE →

8. On average, how many hours per day do you spend watching TV or using the Computer at home?
☐ 0-1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 or more

9. On average, how many servings per day do you eat of fruits and vegetables?
☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 or more

10. On average, how many times per week do you eat a breakfast meal?
☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7

11. On average, how many times per week do you participate in exercise and/or fitness activities? (i.e. bicycling, jogging, weights, walking, tennis, etc)
☐ Never ☐ 0-2 times per week ☐ 3-5 times per week ☐ 6-7 times per week

12. How long do you exercise for?
☐ Less than 20 min. ☐ 20-30 min. ☐ 30-60 min. ☐ 60-90 min. ☐ More than 90 min.

13. How hard do you exercise?
☐ Mild, little increase in heart rate ☐ Moderate, obvious increase in heart rate ☐ Vigorous, rapid breathing

14. On average, how often do you use a public park for exercise?
☐ Not at all ☐ 1-4x a year ☐ 5-11x a year ☐ 1-3x a month ☐ 1 or more times a week

15. For most nights of the week, do you sleep at least 7 to 8 hours per night? ☐ Yes ☐ No

16. Overall, how would you rate your daily stress level?
☐ No stress ☐ Occasional mild stress ☐ Frequent mild stress ☐ Frequent moderate stress ☐ Frequent high stress ☐ Constant high stress

17. Rate your motivation to adopt a healthy lifestyle
☐ None ☐ Low ☐ Medium ☐ High ☐ Very high

## SECTION III: CONSENT AND RELEASE:

I understand this is a voluntary assessment to determine fitness levels and is not to be considered diagnostic, nor a thorough evaluation of my health status. In addition, I understand that the assessment results will be provided to me and that I am responsible for any follow-up. The purpose of this information is to better understand the health and fitness needs of the participants in the Mayor's Health and Fitness Challenge. **Individual contact information and responses will not be disclosed and/or published in any form or manner; all information will be presented anonymously and in summary form**. I acknowledge that I have read and understand the information in this form and hereby consent to release this information. I release and hold harmless **Miami-Dade County, PR Racing Inc. and any and all Sponsors** from any and all claims or causes of action of whatsoever nature that I may have that arise out of my participation in the Mayor's Health and Fitness Challenge and its events.

| Signature: | Date: / / |
|---|---|

## Focus Group:

I would like to join the focus group which will enable the Mayor's Health and Fitness Challenge to track my progress in adopting a healthier lifestyle. I recognize that I may be contacted by telephone or email by a staff member in order to provide additional information and to help me assess my progress. I also understand that I may withdraw from focus group participation in the focus group at any time, in which case, I will not receive any further contact.

Please check:

☐ Yes, I would like to be considered as a possible candidate for the Focus Group

| Signature: | Date: / / |
|---|---|

**MIAMI-DADE** COUNTY, FLORIDA

MIAMI-DADE

STEPHEN P. CLARK CENTER

**OFFICE OF COUNTY MANAGER**
SUITE 2910
111 N.W. 1st STREET
MIAMI, FLORIDA 33128-1994
(305) 375-5311

August 23, 2004

Dr. Steve Marcus
Health Foundation of South Florida
601 Brickell Key Drive, Suite 901
Miami, Fl 33131

Dear Dr. Marcus,

I would like to extend my sincere appreciation to you and to The Health Foundation of South Florida for your commitment to the health and well being of the Miami-Dade County Community. I would particularly like to express my gratitude to you for your dedication and devotion to working with our Library Department, Parks and Recreation Department, and Mayor's Office to produce the Health and Fitness Challenge initiative. As a County that provides essential services to millions of Miami-Dade County residents, we welcome the opportunity to work with organizations that are devoted to improving the quality of life of our residents. Likewise, the Health Foundation of South Florida has shown exemplary leadership and commitment in this area.

Since the start of the *Mayor's Health and Fitness Challenge* I have noticed increased interest in a broad variety of health related issues within our government. The *Mayor's Challenge* health screening events we hosted at the Stephen P. Clark Center created a fun, entertaining, and educational environment that helped increase health and fitness awareness, as well as, boost employee morale. Furthermore, it is my understanding that the partnership between the Mayor's Challenge and Jackson Memorial Hospital was instrumental in the success of Jackson's employee wellness program, which saw a significant increase in enrollment and participation throughout the program. Recently, the Miami-Dade County Transit Department has taken steps in implementing a full-scale employee health program to reduce absenteeism and focus on employee wellness.

I would like to commend you for your vision and leadership. I hope that you will continue to cultivate programs that build community and impact lives. I would also like to thank you and your board members for making the resources available to have made The Mayor's Challenge a reality and I encourage your continued involvement to improving the quality of life of Miami-Dade County residents.

Sincerely,

George M. Burgess
County Manager

September 9, 2004

To Whom It May Concern:

This letter is to commend the Mayor's office and their efforts to improve the health and wellbeing of our community through their Mayor's Health and Fitness Challenge.

As a community outreach partnership, The Mayor's Health and Fitness Challenge was key in helping us reach our goals of increasing awareness of cardiovascular disease within the Hispanic community through both consumer and employer outreach. The initiative was instrumental in that it helped bring so many organizations from different sectors come together with one single focus: To improve the health of the community in which we live and work. The staff and organizers worked tirelessly to make every component seamless and meaningful. These are the types of partnerships we look for both locally and nationally.

As it is increasingly important that our community and business leaders not only speak of the importance of preventive health, but proactively develop spaces and activities to make healthier lifestyles a reality, we commend the Mayor for his efforts.

Sincerely,

Julie Jurman – Marketing Strategy Manager, Pfizer, Inc

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August 15, 2004

Dr. Steve Marcus
Health Foundation of South Florida
601 Brickel Key Drive, Ste. 901
Miami, Fl 33131

Dear Dr. Marcus,

Kellogg commends Mayor Penelas and the Health Foundation of South Florida for their leadership in the creation of the Mayor's Health and Fitness Challenge. We are pleased to be associated with an initiative that makes a direct impact on the health and well-being of Miami's diverse community.

We are pleased to have supported the initiative through *Zumbando con Kellogg*. *Zumbando con Kellogg's* gets people moving through the incorporation of low impact aerobics with a variety of Latin dance styles and music. We believe our partnership in the Mayor's Health and Fitness Challenge encouraged Miamians to view – and more importantly adopt – fun fitness routines like *Zumbando con Kellogg* as a vital part of a healthy lifestyle.

This effort demonstrated the powerful results that can be yielded from collaboration between the public and private sectors. The Mayor's Health and Fitness Challenge should be considered a model program across the country by municipalities and businesses with a focus on promoting a healthier citizenry.

Sincerely,

Angel Colón
Senior Manager, Ethnic Marketing
Kellogg

## Rey, Marylin (Mayor's Office)

**From:** Steven Marcus [smarcus@hfsf.org]
**Sent:** Wednesday, March 24, 2004 4:46 PM
**To:** Rey, Marylin (Mayor's Office)
**Subject:** FW: Tai Chi at the Miami International Airport

-----Original Message-----
From: Jack W. Deem [mailto:JDeem@miami-airport.com]
Sent: Wednesday, March 24, 2004 4:49 PM
To: Steven Marcus
Subject: Tai Chi at the Miami International Airport

Dr. Marcus -

I just wanted to pass along my thanks for helping to get Tai Chi classes at Miami International Airport. Many of us who attend the classes have seen results after only a few sessions, either from stress relief or muscle related problems. We are all excited about the classes and look forward to them each Tuesday evening.

I, myself, was injured in a car accident over 30 years ago and have some nerve damage to my right arm. Jeff Morris, the instructor, recognized the problem at the first meeting and recommended some simple exercises. As a result my range of motion in my wrist has improved noticeably. I really didn't even expect this to be one of the benefits of the Tai Chi. This is what we refer to as value added.

All of us attending the classes hope that the Tai Chi will continue well into the future.

Thanks again

Jack Deem

3-24-04

To Whom It May Concern:

I am happy that aerobic exercise classes are offered at the African Heritage Cultural Arts Center. Our instructor Ms. McCartney is excellent. She makes sure everyone is doing the steps correctly. Then she explains what part of the body is benefiting from that movement. Additional, I have noticed the stability and endurance of my body.

I like how my body feels after a workout.

Thank you very much.

Sincerely,

Ramona Y. Varner

Ramona Y. Varner
17701 NW 32 Ct.
Miami Gardens, Fla. 33
3056217422

**Rey, Marylin (Mayor's Office)**

**From:** Karen Rosson [miamisprings22@yahoo.com]
**Sent:** Friday, January 30, 2004 5:23 PM
**To:** Rey, Marylin (Mayor's Office)
**Subject:** Tai Chi - Miami Springs

Karen Rosson, Elderly Services Director
City of Miami Springs Senior Center
343 Payne Drive
Miami Springs, FL 33166

January 30, 2004

Marylin Rey, Coordinator of Special Projects
Miami-Dade County Mayor's Office

Dear Ms. Rey,

On behalf of the participants of the Miami Springs Senior Center and other older residents of Miami Springs and Virginia Gardens, I write to express our most sincere appreciation for the wonderful program you have gifted us. As Director of Elderly Services for our community for the past 25 years, please believe me when I tell you that I have never seen any program offered that rivals the degree of enthusiasm that your Tai Chi/Health & Fitness Challenge has produced. Approximately 50 seniors attended last week's first class and over 60 attended today.

The response has been overwhelming not only in the growing attendance but in the feedback I have received. Seniors are enjoying themselves, taking the initiative to improve their health, encouraging each other, bragging to their families and friends and feeling better already! One attendee, an 82 year old, homebound woman who has not been out of her home in the past two years (except to visit the doctor), claims she already feels more stable using her walker. Another attendee with only 40% lung capacity claims that she is breathing better!

This special project, even after only two weeks, is absolutely amazing! The Mayor's Health and Fitness Challenge gets an A+++ and I hope you'll be able to continue to fund it. Your instructor, Jef Norris, is a tremendous, dedicated teacher who has quickly captured the hearts and energy of his students. You may be interested to know that Mr. Morris spend an additional 30 minutes after class today helping an amputee become more comfortable with balancing on his prosthesis.

I can personally attest to the value the Mayor's special project is having on our older population and I think it's a great way to spend some of my tax dollars! You have my sincere thanks and that of many of our citizens. Please express our gratitude to Mayor Alex Penelas, the Health Foundation of South Florida and to Mr. Jef Morris for this exception program.

Sincerely,

Karen Rosson

May 10, 2004

To Whom It May Concern:

My name is Estrella Figueredo, and I participate in the chair aerobics program taught by Kim McCartney at the Senior Citizens center in Miami Springs. I thank the Health Foundation of South Florida for funding this program and ask that it be extended because it has made a great difference in my well being and also that of my friends in the class. I am much more flexible and feel much stronger thanks to our exercise classes.

Thank you so much,

Estrella Figueredo

Estrella Figueredo

## Rey, Marylin (Mayor's Office)

**From:** Fox, Victoria (Airport)
**Sent:** Monday, January 05, 2004 3:20 PM
**To:** Rey, Marylin (Mayor's Office)
**Subject:** TAI CHI Classes

Dear Ms. Rey:

In November you kindly faxed information to me regarding the TAI CHI Classes that are a part of the Mayor's Health and Fitness Challenge. I thought you might be interested in receiving information on the benefits and results received by me thus far from this program.

First I'll give you a little background on why I wanted to take Tai Chi. My son was killed in France while on a trip. Prior to this I had been very health concious. Flllowing his death I did not eat properly, had a lack of sleep, did not take daily supplements. Neglected doing the things necessary to take care of one's self. My health suffered and I had a loss of cartilege in my hips. I walked with two canes. After having my right hip operated on, the orthopedist informed me that I must have my left hip operated on immediately, as I had no cartilege in that area. I left his office determined not to return to the operating table. At that time I walked with one cane.

I do believe in the Power of the Mind, and that our thoughts and visions are of utmost importance. I began to focus on healing, and on getting rid of the use of the cane. Every morning before work, for one half-hour I visualized myself running up and down the stairs of the Pyramids in Mexico, and running on the beach outside of the condominim I live in. I am grateful and delighted to say that with the desire, the action taken, and persistency, I was able to get rid of the cane. My lunchtimes are now spent walking.

Due to the above situation described, my flexibility and strength needed to be renewed. TAI CHI had been a thought. Then the information came regarding the Mayor's Health and Fitness Challange. I've attended classes for two months now, and I am happy to share that I am moving in ways I have been uable to for such a long time, and have a reduction of pain in my hip and groin area. I am confident there will be further improvements as I continue with the classes.

Words seem like such a limited way to express my appreciation for this program, and for the generosity of the Health Foundation of South Florida for funding it. Please let the people at the Foundation and the Mayor know how much it has done for at least one of the county's residents, and for making this possible. Please also thank them for me. Thank you very much too for assisting with making this available to the public. What an opportunity for wellness improvement has been provided to us in Miami-Dade County.

Best wishes for a healthy and successful 2004.

Sincerely,

Victoria Fox

AFRICAN HERITAGE CULTURAL ARTS C
2166 DR. MARIN LUTHER KING BLVD.
MIAMI, FLORIDA 33142

# African Heritage Cultural Arts Center

March 29, 2004

Mr. Peter Wood
Health Foundation of South Florida
601Brickel Drive, Suite 901
Miami, Florida 33131

Dear: Mr. Wood

I am writing to thank you and your organization for providing the services of Mr. Jeffery Morris who has taught the unique Asian art of Tai Chi. This service was designed to improve the health of the practitioners, in this case the health of the senior citizens of our community, has received an exceptional response. The senior's appreciation of this service is evident in the ever increasing enrollment and their personal testimonials. I have heard nothing but positive comments from those who have been involved. Quite evidently, they are also telling their friends and new faces are showing up weekly. As a spin off to the Tai Chi class, we are also now offering a hip-hop class for seniors along with other initiatives in the performing and visual arts.

It is my sincere hope and the earnest wish of the seniors who participate that the class continues. Please give this request your highest regards and support. Thanks for your positive contribution to our program and the community

Sincerely,

Marshall L. Davis,
AHCAC Director

*Art is the fulfillment of a dream*

**BellSouth Telecommunications, Inc.**
150 West Flagler Street
Suite 1820
Miami, FL 33130

RECEIVED
AUG 24 2004

**E. R. Tito Riera-Gomez**
Assistant Vice President
Regulatory and External Affairs

305 347 5450
Fax 305 375 9311

August 23, 2004

Dr. Steve Marcus
Health Foundation of South Florida
601 Brickell Key Drive, Suite 2910
Miami, FL 33131

Dear Dr. Marcus:

On behalf of all BellSouth Miami-Dade County employees, we would like to send our sincere appreciation to the Mayor's Office and the Health Foundation of South Florida for including BellSouth as a participating host site of the Mayor's Health and Fitness Corporate Challenge. I truly believe that your program has provided a vehicle for awareness with respect to health and wellness for all our employees. During our participation with the Corporate Challenge initiative our employees were treated to a variety of seminars and interactive demos that proved to be fun, motivating, and educational.

In the months following the culmination of your program I received various inquiries by employees as to the status of future events. This level of interest has led us to continue to find ways to facilitate health awareness education to our employee base.

BellSouth cares about the overall health and wellness of its employees. Hence, I encourage the Health Foundation of South Florida and the Mayor's Office to continue to be innovative in creating programs like the Corporate Challenge which links the public and private sectors to improve the lives of our constituents.

Sincerely,

E. R. Riera-Gomez

FCAA®
The Family Christian Association of America, Inc.
14701 NW 7th Avenue
Miami, FL 33168
T: 305.685.4881
F: 305.685.4882
www.fcaanet.org

March 16, 2004

Mr. Peter N. Wood
Chief Program Officer
Health Foundation of South Florida
601 Brickell Key Drive #901
Miami, FL 33131

Dear Mr. Wood:

It is with great pleasure that we send this letter of gratitude to the Health Foundation of South Florida. The Tai Chi Program that is being provided for our seniors has been a great success .This very developmental and healing form of exercise is reaching across age, culture and ethnicity and is changing not only the physical health of our seniors but their mental and spiritual health as well.

The FCAA Elderly Program has provided a range of services to the underserved population of North Miami. Our elderly clients range from 62 to 93 years of age and are African American, Haitian American, and Caribbean Americans. Attendance in our program has increased since the start of the Tai Chi Program and the reports that we are receiving from program participants regarding their progress is very positive.

Out of a group of 35 seniors we canvassed 10 participants regarding their progress. All reported that they generally felt better since the program started. Four indicated that they had learned how to walk better and find it easier to get around without any assistance or without as much as they previously needed. Six seniors reported that their knees felt better and that they are less stiff. Eight reported that their breathing is better and that they can walk longer distances without getting winded. One of the best reports that we received came from our oldest participant who said, "I feel younger every day and nothing is better than that."

Given the initial outcomes of this program, my sincere hope is that the Health Foundation will see fit to continue this very beneficial and much needed program for the remainder of this year and in the years to come. It would be nearly impossible for this program to continue given recent cuts in funding for social programs, without the continued financial support of your organization.

Thank you again for this great program. We look forward to continuing this partnership that is improving the quality of life for our very deserving elderly citizens.

Sincerely,

Miranda Howard
Director of Family Services

cc: Arcie Ewell
Herman Williams

MIAMI-DADE PARKS

MIAMI-DADE COUNTY PARK & RECREATION DEPARTMENT • 275 NW 2ND STREET • MIAMI, FLORIDA 33128

March 29, 2004

Dr. Steven Marcus
Health Foundation of South Florida
6000 Brickell Key Drive, Suite 901
Miami, Florida 33131

Dear Dr. Steven Marcus:

The Dade County Park & Recreation Department Arts and Culture Division wants to thank you and others for sponsoring the Tia Chi and Aerobic Classes at the African Heritage Cultural Arts Center for our Golden Age Program.

These classes have enhanced our senior participation at the center by 25 %. Because of these classes, we have introduced three additional classes for seniors and adults during the morning hours. The classes are well attended and the seniors are looking for other things to do at the center.

The benefits are endless for our seniors. The classes have benefited our seniors by aiding in improving their health and their range of motion and balance. They are participating longer in the class and resting less. They are enjoying the class and asking for more.

The classes enable the African Heritage Cultural Arts Center to offer a diversity of classes with expertise instructors. It will help our community if you continue to provide these classes at the African Heritage Cultural Arts Center.

Sincerely,

Sandra Hill
Assistant Manager II

3/23/04

Whom it may concern

I want to thank The Health Foundation of S. Florida for this program that has help me so much in having better balance, more flexible and muscular strength and feelling much better

Bessie Raymond

Health Foundation of South Florida:

The Tai Chi program has been of great help to me. At age 82 it gave me more muscular strength and gave me more flexibility.

I want to thank you for this initial funding and request that the classes be continued to improve my fitness.

Alexander J. Kragnia
3750 N.W. 64th Ave.
Virginia Gardens, Florida 33166

MAY 1.04

To Whom it May Concern:

Thank you so much to the Health Foundation of South Florida, for providing the initial funding of the Chair Aerobics program, thanks to which we old folks feel much, much better and have been able to enjoy a better Health.

Most of us have been benefited by Kim McCartney, RN and her very professional instructions of Chair Aerobics! I have a better balance, I am more fletible, I feel better and my muscular strength has improved.

We request that these classes be extended, so that we may continue to improve our level of fitness. Thanking you in advance for your kind assistance

Sincerely,

Fernando Hoffmann

H. M. KING HASSAN I.

*Bryan H. White, G.C.D.E, G.C.B.S., P.C.*
*Duke of Badam-Mazar*
*Chancellor and Personal Legate*
*to His Majesty*

TO WHOM IT MAY CONCERN.

My wife and I have been attending Aerobic Classes led by Kim Mc Cartney RN. for several weeks now and have perceived the benefits of same to the extent that our joints have become more pliable and supple, added to the fact that our muscular vigour has improved.

Our thanks to the Health Foundation of South Florida for affording us this initial course and many thanks to the expertness,skill and dedication of Ms. Kim Mc Cartney our Instructor.

We do hope that some way can be found to enable these classes to be extensible.

Offering this for the kind consideration of the powers to be.

Yours faithfully,

Bryan H. White

Bryan White and Josefa., May 3rd.2004.
1182 Partridge Avenue.
Miami Springs.
Florida 33166-3127.