

CHAMP supports and organizes programs and activities to increase physical fitness and improve nutrition in our community in response to a directive from the Surgeon General, who has stated that obesity has now become the greatest preventable cause of illness and death in our country.

While efforts need to be made to curb this epidemic, obesity control should not be the sole objective. Instead of weight control, it is far better to emphasize fitness, regardless of a person's size.

The goal should not be to diet to lose weight but to strive for a healthy lifestyle with exercise and proper nutrition being part of every day life.

THOUGHTS TO PONDER:

◆ **Fit Happens**

- ◆ The best way to treat disease is to prevent it
- ◆ There is no chronic condition that would not benefit from an exercise program
- ◆ America's youth will be the first **NOT** to surpass their parent's life expectancy unless we change the current course
- ◆ We must huff and puff to be buff
- ◆ It is not food if it comes through a window

◆ **Surgeon General's Warning:**
NOT exercising is dangerous to your health



A few CHAMP supporters at the first annual "CHAMP" walk/run held in October, 2005 at Owens Beach in Pt. Defiance Park in Tacoma

TO:

PIERCE COUNTY MEDICAL SOCIETY
223 TACOMA AVENUE SOUTH
TACOMA WA 98402-2513



Making A Difference.....

creating a healthy medical community that will serve as a role model for patients and the community

Getting involved.....

helping change societal attitudes about the importance and necessity of fitness and nutrition on the overall health of individuals

Having fun.....

enjoy getting fit and motivating the community to join us

 **Pierce County Medical Society**

Coalition for Healthy, Active Medical Professionals

COALITION FOR HEALTHY, ACTIVE MEDICAL PROFESSIONALS

Our society has an epidemic of increasing obesity and decreasing fitness with phenomenal health consequences. Dr. Patrick Hogan, a Tacoma neurologist, while President of the Pierce County Medical Society in 2005, formed a committee of colleagues to develop and design a public health initiative in response to this problem. The focus was not to be diet or weight loss, but an approach that would encourage and support everyone to strive for better health **through increasing their activity levels and eating healthy**. The Coalition for Healthy, Active Medical Professionals, or **CHAMP** was born.

The goals of CHAMP are to:

- ◆ Increase the fitness and health of the medical community



Coalition members proudly display their CHAMP t-shirts after participating in the Sound to Narrows event

- ◆ Raise awareness in the medical community that physicians and other health care providers can influence their patients to be healthier by improving fitness and nutrition

- ◆ Increase knowledge in the medical community about resources for fitness and nutrition at local, state and national levels

CHAMP has been recognized at the Boston Marathon by the American Running Association and the American Medical Athletic Association and has been formally adopted by the Washington State Medical Association in a resolution recommending that all county medical societies adopt **CHAMP** chapters statewide.

CHAMP encourages all professionals in the field of medicine whether physicians, nurses, PA, PT, OT, etc. to become involved with this exciting initiative, to have fun and take an important step toward improving the health of our entire community.

A sampling of CHAMP activities include:

Developing a resource library for CHAMP members and their patients related to fitness and nutrition including the well read FIT TIPS and NUTRI TIPS booklet.

Promotion of local fitness activities in many exercise categories and encouraging participation at all levels of fitness.

Developing CHAMP TEAMS to participate in athletic events throughout the region.

Encouraging members to reach out to non participatory colleagues and the community to increase the level of fitness and health in our society.

CHAMP T-shirts are available for \$15 in small, medium, large and extra-large sizes. T-shirts are gold with the CHAMP logo on the front. Shirts are 100% polyester, Performance Cool-max, made by Augusta Sportswear. Shirts are available at the Medical Society office Monday thru Friday during business hours. They may also be purchased over the phone with your credit card information and mailed to you.



*CHAMP supporter:
Dr. Jim Rooks*



*CHAMP supporter:
Dr. Sumner Schoenike*

Membership Application:

Name: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Email address: _____

Phone: _____ Cell: _____

(please circle)

Your profession: MD DO: specialty _____

PA ARNP RN LPN PT OT LMT

Other: _____

Your primary area of interest:

Nutrition Fitness BOTH

Your specific areas of interest in fitness include:

Walking Running Bicycling Swimming

Skiing Tennis Triathlons Aerobics

Other: _____

Thank you for joining **CHAMP**.

Please FAX or mail your application to the Pierce County Medical Society at the contact information below:



PIERCE COUNTY MEDICAL SOCIETY

223 Tacoma Avenue South, Tacoma WA 98402-2513

Phone: 253-572-3667; Fax: 253-572-2470

Email: admin@pcmswa.org Web: www.pcmswa.org