

### **NATIONAL GYMNASTICS DAY HELD**

Lawrence Parks and Recreation Department recently hosted "National Gymnastic Day" at East Lawrence Recreation Center. The goal of *National Gymnastic Day* was to increase excitement for the sport of gymnastics and to communicate the sense of self-esteem and healthy benefits that gymnastics can provide.

The event was free and more than 125 people attended. It featured two hours of gymnastic instruction and interactive games for participants. It also offered children of all ages and abilities the opportunity to enjoy and learn the sport.



### **ROWING CLINIC GIVES COMMUNITY INSIDE LOOK AT THE SPORT**

Lawrence Parks and Recreation Department teamed up with Kansas Athletics once again to offer a rowing clinic for the community in late September.

The clinic was designed as an introduction to rowing for people with minimal knowledge of the sport. The participants got to take a tour of the boathouse and received a brief lesson of how to row on the Erg machine. The participants then proceeded onto the river with KU Rowing coaches and student-athletes. The clinic was full with 24 people in attendance.

## LPRD RECEIVES HEALTH AWARD

Lawrence Parks and Recreation was recognized this October at the Governor's Council on Fitness' second annual Kansas Obesity Summit in Topeka, Kan.

LPRD was recognized and awarded the 2013 Kansas Organizational Health Champion Award from Kansas Governor Sam Brownback. The Health Champion Award was developed by the Governor's Council on Fitness to recognize and promote exemplary contributions to fitness in Kansas.

Eligible nominees included volunteers, schools, communities, employers, media organizations and policy makers who go above and beyond what is expected through normal job or organizational responsibilities related to modeling, encouraging and promoting fitness.

In the top photo(L to R), Roger Steinbrock, marketing supervisor; Dr. Robert Moser, secretary of the Kansas State Department of Health and Environment; Amada Coufal, nutrition education program assistant with LPRD; Annette Deghand, special populations supervisor; Ernie Shaw, director of Parks and Recreation receive the award on behalf of the department from Governor Sam Brownback.

The lower photo shows Amanda and Roger conducting a short presentation about the health and nutrition programs LPRD offers.

