

## **UCSD fitness expert John Cates is appointed by Governor Wilson to Council on Physical Fitness**

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### **UCSD FITNESS EXPERT JOHN CATES IS APPOINTED BY GOVERNOR WILSON TO COUNCIL ON PHYSICAL FITNESS**

Nationally recognized fitness expert, John Cates, a professor of physical education at the University of California, San Diego, has been appointed as executive director of California Governor Pete Wilson's Council on Physical Fitness and Sports. Arnold Schwarzenegger has been appointed chair of the Council.

As a member of the newly created Council, which will be based at UCSD, Cates will work with a variety of athletes, educators, business leaders, and citizens dedicated to promoting physical fitness and sports in California. The Council will be charged with developing fitness goals for school children and Californians of all ages, creating public awareness campaigns, and encouraging coordination between governments, education, and the private sector in the promotion of physical fitness.

Cates, a physical education supervisor at UCSD since 1970, has been involved with the President's Council on Physical Fitness for over 20 years. This year he received the President's Council Distinguished Service Award. In 1991 and 1992, Cates organized a 50-state tour across the country to promote health and fitness for Arnold Schwarzenegger, in his capacity as Chair of the President's Council on Physical Fitness and Sports.

Cates has also served as executive vice-president of the National Fitness Foundation, and has created and implemented many critical fitness programs, such as the nation's first Youth Fitness Camps (UC Irvine, 1986 and Whittier College, 1987), which trained K-6 classroom teachers in health and fitness concepts that could be integrated into the daily classroom curriculum, and "Fitness, Nutrition and Lifestyles-Older Adult Symposiums" which began in 1987, and featured twenty-five of the country's leading experts in senior health and fitness.

According to Cates, other activities of the Council will include establishing local councils on physical fitness and fitness symposiums throughout the state, and creating a Governor's Fitness Award program. The Council will also hold an annual Summit on California Fitness and submit a yearly report to the Governor on the state of physical fitness programs in California.

The Council on Physical Fitness and Sports will be funded by private contributions. A substantial contribution has been made to support Cates' directorship and the work of the Council by Arnold Schwarzenegger.

Other members of the Council include professional athletes "Sugar" Ray Leonard, Tracy Austin, Bruce Jenner, and Peter Vidmar, as well as a wide range of representatives from the academic, business, medical, fitness and health care communities.

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