



**The Health and Fitness Expo is pleased to present**  
**The Kids Fit Mentor of the Year Award**

**ELIGIBILITY:**

1. Must be a resident of Hastings and Prince Edward Counties
2. Has served the children and/or youth of our community in a volunteer capacity for a minimum of at least 3 years.

**CRITERIA:**

This award is open to a local resident who, through their volunteer efforts, provide area children and/or youth with a consistent opportunity to be physically active. They encourage equal participation among all players; instil a passion for their chosen activity and patiently teach the skills required to foster a lifelong commitment to healthy life choices.

**AWARD:**

This award is presented by the Health and Fitness Expo in recognition of the importance of providing **all** children with access, encouragement and the skills required to be **physically active throughout life**.

The recipient will receive the **Kids Fit Mentor of the Year Award**, as well as **\$500** toward the purchase of equipment for the school, minor sports club **or** not -for-profit of their choosing.



**KIDS FIT  
MENTOR OF THE YEAR  
NOMINATION FORM**

**NOMINEE information**

Name:

Address:

Phone:

Number of Years of Volunteer service:

Volunteer service in what capacity:

In approximately 500 words outline how the nominee has provides area children and/or youth with a consistent opportunity to be physically active. Please give examples of how they encourage equal participation among all players; instil a passion for their chosen activity and teach the skills required to foster a lifelong commitment to healthy life choices. (Point form sentences are acceptable)

**Nominator Information**

Name:

Phone:

Relationship to the Applicant: (it's fine if you're related)

2 other references for Nominee that we may telephone:

Reference #1 Name:

PHONE:

Reference #2 Name:

PHONE:

Please forward your nomination to [award@healthandfitnessexpo.ca](mailto:award@healthandfitnessexpo.ca).

# The Health and Fitness Expo is pleased to present

## The 2010 Kids Fit Mentor of the Year to **Tinneke Wilson, teacher and coach**

Tinneke Wilson coaches just about everything at Park Dale School (depending on the year) including volleyball, basketball soccer, track & field and relay. She does not let any team go without a coach so that no age group goes without a team. She is also the Healthy Active School leader for her school. This free program is managed by the Ontario Physical and Health Education Association. It provides programs and guidance for educators enabling them to create physical and social environments that support active, healthy lifestyles. She is also the teacher representative for the Hastings Prince Edward School Board for the Healthy Active School executive committee which provides guidance and training to other schools involved in the program. Tinneke runs the FitnessFanatics Club which is a student leadership program promoting physical and nutritional opportunities for all children in the school.

She has been a Daily Physical Activity (DPA) trainer for Park Dale School and the Board of Education. This program ensures all children at the school participate in at least twenty minutes of physical activity each day. She is the link between the Health Unit and the school for the implementation and promotion of the Walk to School program. In addition to all of this, Tinneke has developed and implemented a school wide "Run Across Canada" program which promoted and motivated students to run on any spare time they had to accumulate personal and



school wide kilometers to collectively run across our country. She worked with the City's Recreation Department with the "Go Girls" program to promote self esteem and healthy active living in girls. She had also coached house league and rep soccer for the Belleville Youth Soccer Club.

Tinneke Wilson is a teacher with a passion and a commitment to do more - more for her students, more for her school and more for our community. Through her volunteer hours in coaching, leadership and administrative work, Tinneke is ensuring that the children of our community have the opportunity to be active and healthy. Opportunities in youth open doors for a lifetime and The Health and Fitness Expo wishes to thank Tinneke, and the many others like her in our communities who go that extra mile, for their commitment to our children's health and fitness.

To download the nomination form  
and nominate a candidate for the  
2011 award – please visit  
[www.healthandfitnessexpo.ca](http://www.healthandfitnessexpo.ca)