



Dr. Christiansen (middle) BXRC President Starnes on right and VP Kevin Holland on left. Photo taken by Robert Lazaro who accompanied Dr. Christiansen to the club.

BXRC Rotarians “Play” for Better Health and Fitness with FitFor50 *A Health, Hunger and Fitness Monthly Feature by Andrea Coble*

On September 16th 2010, a Health, Hunger and Fitness survey (P-mail) was sent to all Club Presidents in Rotary District 7610. The purpose of the survey was to collect stories of Health, Hunger and Fitness related projects (or goals set) and share them in a monthly column. As your Health, Hunger and Fitness Chair for District 7610, I encourage you to share your club’s or individual member’s success stories with the District by emailing or mailing them to: Andrea Coble (bbcoble@yahoo.com) 13 Westbrook Lane, Stafford Va. 22554. Phone: 540-288-2488

One of the first responders, President Karey Starnes, of the BXRC wrote:

“On August 13, 2010 Patrick Christiansen, PhD, Senior Vice President, Inova Health System, and COO of Inova Fairfax Hospital Campus, spoke at the Rotary Club of Bailey’s Crossroads on the new Inova Fairfax Hospital South Tower 11 Story Addition. At the end of his presentation, Dr. Christiansen invited the Club members to participate in the upcoming FitFor50 health and fitness program - 50 days of fitness with Darrell Green and Inova Health System - that was to be launched September 10, 2010.

The FitFor50 website (www.fitfor50.org) represents the partnership between Inova Health System and Hall of Fame Redskin Quarterback Darrell Green, and is dedicated to promoting health and fitness to our community. FitFor50 is an innovative, interactive, web-based fitness program designed to motivate individuals to stay fit and healthy, and to make exercise a part of their lifestyle.

The partnership between Darrell Green and Inova Health System offers daily tips to improve fitness and lead a healthier life. The FitFor50 website provides:

- **Daily inspiration video messages from Darrell Green**
- **Clinical tips from Inova Health System doctors**

- **Your very own Playbook, where you can set your own fitness goals and track your progress**
- **Links to relevant health tips, tools and resources from Inova Health System**
- **Live-streaming web-chats and interactive discussions with Inova doctors and Darrell Green**

The website is the place to find information about **FitFor50** news and events, Inova health screenings, clinics and other activities.

BXRC Rotarians who signed up for this program have found it to be very beneficial in a lot of ways. Read what BXRC Treasurer and Fitfor50 “player”, Bob Glasser has to say about this innovative and interactive fitness program:

“The program has worked for me because I set personal goals that I could achieve - the goals were my own that I knew were possible to achieve. The value of the program for me was threefold: 1) Darryl Green is a great motivator and once I set my goals based on his suggestions, I planned to work hard to get there; 2) the e-mail reminders were helpful in the beginning until I developed my own routine; and 3) feeling that you are working as part of a larger group is a strong motivator to continue and not to fall away. I think the program is well done, a great community service, and Inova deserves credit for developing a health program that enables everyone to fit it into their own individual schedules.”

That website again: www.fitfor50.org.....”

Thank you President Karey Starnes, for sharing with all of us how your club’s program speaker inspires Humanity in Motion!

Club Presidents, please send in your Health, Hunger and Fitness Survey so that your club or members may be instrumental in inspiring others to be the very best that they can be.

**Yours In Service,
Above Self,**

Andrea Coble
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