A Special Invitation

The declining fitness condition of our population has reached epidemic proportion. The Kevin Saunders' Health and Fitness Tour offers governments and communities an extraordinary opportunity to support an initiative that is altering the way cities, business leaders, governmental agencies and educational institutions across our nation view health and fitness. By providing the proper tools and communication resources, this Tour shows governments how to establish a cost-effective strategy to reduce the burdens of obesity.

Kevin Saunders, named "The Greatest Wheelchair Athlete in the World," began this revolutionary Tour that is changing America in the Spring of 2004.

He brings to the Health & Fitness Tour of America a lifetime of personal health and fitness experience; battling from a severed spinal cord injury to become a world champion and Olympic wheelchair athlete. Kevin was the first person with a disability to be appointed to the President's Council on Physical Fitness and Sports by President George H. Bush and he was the only Council member reappointed by President Bill Clinton. Kevin also brings to the Tour a significant network of political, business, health, fitness, and entertainment industry connections throughout the country.

Sharing his message of motivation and inspiration, Kevin encourages everyone to adopt a healthier lifestyle. The ultimate solution to the obesity epidemic is creating home, work and school environments that promote helathy food selections and regular physical activity. To help achieve this, Kevin meets with the government, business, education, health and fitness leaders in each city. Through these meetings, or health and fitness "summits," Kevin presents a framework that cities can use to develop or enhance a community-based health and fitness initiative. A scholastic award is also given by Kevin to the school or school district in each city that exemplifies leadership in health and fitness education.

The media has been a great ally in raising nation-wide awareness of the Tour's message. We are receiving positive media coverage in every major media market – including local and national television, radio, newspapers and magazines.

All profits from the Tour will be donated to the American Heart Association, the American Diabetes Association and the YMCA.

You are invited to be a part of the Health & Fitness Tour of America. An opportunity this extraordinary may never again be available.

An Invitation

Did you know…?

While Americans are super-sizing their food portions, the health of the population is rapidly declining. Americans have never been fatter and obesity has reached epidemic proportions. The need for a proactive health and fitness initiative has never been greater. In fact, research shows…

… 64% of Americans are overweight and 31% are considered obese

… Our children are considered the "World's Fattest Kids"

… Annual costs associated with obesity exceed $120 billion!

… More than 400,000 people will die this year of obesity-related causes

… Scientists and health officials have long believed that education is the key to reversing obesity

… More than 15 percent of American children ages 6 to 19 are severely overweight or obese

… Americans spend approximately $4 billion each year on weight-loss and diet aids

… Less than 1/3 of adults participate in regular physical activity

… Obesity-related medical costs reached a total of $75 billion in 2003

… Public pays about $39 billion a year ($175 per person) for obesity through Medicare and Medicaid

… By creating home, work and school environments that promote healthy food selections and regular physical activity we have the power to reverse these statistics

Did you know…?

Health & Fitness Tour of America

A grass-roots initiative to improve our nation's health - one community at a time

An Extraordinary Opportunity

18 Months

50 States

125 Cities

180 Events

Kevin Saunders, world champion and olympic wheelchair athlete and the first disabled person to serve on the President's Council on Physical Fitness under both President George H. Bush and President Bill Clinton, will launch a 50-state tour to motivate and inspire Americans of all ages to Shape Up!

Kevin and his "Health & Fitness Tour of America" will assemble government, business, educational, health and fitness leaders in 125 of our nation's largest cities to establish a community-based grass-roots initiative to achieve a healthier nation - one community at a time. He will present his message to business, hospitals and schools. Kevin will also present an award to the school or school district in each city that exemplifies leadership in health and fitness.

The "Health & Fitness Tour of America" will begin in the spring of 2004 and will extend over an 18-month period.

Tour Messages

It Takes Two	It takes both exercise and proper nutrition to achieve health and fitness.
We All Need Help	We need the right tools and resources to make it easier to get in shape; we need personal commitment and the commitment of our communities to get in shape and stay in shape.
Everyone Can Do It	Everyone in America can shape up regardless of fitness level, life-stage or location. There's always a way!

Kevin winning a race in Europe

All profits generated by the corporate funding of the Health & Fitness Tour of America will be donated equally to the American Heart Association, the American Diabetes Association and the YMCA of the USA

Health & Fitness Tour of America

Kevin Saunders

The worst grain elevator explosion in south Texas history changed Kevin Saunders forever. An incredible blast ripped through 2-feet thick reinforced concrete of a Corpus Christi grain elevator where Kevin was working as a federal inspector. Kevin was thrown more than 300 feet landing on a concrete parking lot.

With massive internal and external injuries including a severed spinal cord, the doctors said there was no way that Kevin Saunders would live. But with an indomitable spirit and a tenacious will to live and excel, Kevin beat the odds. During the years of recovery and rehabilitation, Kevin reminded everyone within earshot, "There's always a way."

Paralyzed from the chest down, Kevin's broken body required exhaustive rehabilitation, but he was more than equal to the challenge. Kevin sought out exceptional fitness trainers to help prepare him for competition as a wheelchair athlete. "Never give up!" became his personal mantra. His unquenchable thirst for success led him to victory after victory as a wheelchair athlete. His grueling training and endless energy ultimately qualified him to represent the United States in the Olympic Games in Seoul, South Korea and Barcelona, Spain.

Kevin worked alongside Council Chairman Arnold Schwarzenegger on the President's Council on Physical Fitness

Kevin was the first person with a disability to be appointed to the President's Council on Physical Fitness and Sports by President George H. Bush. Kevin worked alongside Council Chairman Arnold Schwarzenegger helping teach Americans how to achieve and maintain healthier lifestyles. He was the only Council member reappointed by President Bill Clinton.

In 1990, Kevin established the Wheelchair Success Foundation that provides higher education scholarships to help persons confined to a wheelchair.

Kevin is now taking his message of inspiration and motivation across the county in his Health & Fitness Tour of America

Kevin Saunders' Athletic Accomplishments

1984 to 2002	Gold, Silver and Bronze Medalist. Over 300 races run in U.S. and other countries
1996	Gold Medalist, Qualified for Paralympics Trials in Staunton, Virginia
1989 to 1992	Best All Around Wheelchair Athlete in the World.
1986 to 1992	Multiple World Record Holder Pentathlon
1992	Gold Medalist, Paralympics Trials in Salt Lake City, Utah, World Record
1992	Bronze Medalist, Wheelchair Pentathlon, Paralympics Games in Barcelona, Spain
1991	Gold Medalist, Wheelchair Pentathlon, Victory Games, Paralympics Trials in Long Island, New York
1991	Gold Medalist, Wheelchair Pentathlon, World Track and Field Championships in Stoke Mandeville, England, World Record
1990	Gold Medalist, Wheelchair Pentathlon at Pan American Games in Caracas, Venezuela
1990	Gold Medalist, Wheelchair Pentathlon, World Track and Field Championships in Essen, Netherlands, World Record
1988	Bronze Medalist, Wheelchair Pentathlon, Paralympics Games in Seoul, Korea
1986	Gold Medalist, Wheelchair Pentathlon, World Track and Field Championships in Adelaide, Australia, World Record
1985	All Star/First Team, Lone Star Wheelchair Basketball Conference

Kevin Saunders

One man
One mission
One journey across America

Kevin Saunders, former world champion and Paralympic wheelchair athlete, will push his wheelchair from Canada to Mexico as part of his 50-state Health and Fitness Tour of America. Kevin's mission is to draw attention to our nation's need to focus on lifelong health and fitness, one community at a time.

"I'm pushing my chair across the country to demonstrate that if I can overcome the obstacles that stand in my way, anyone can," said Kevin. "I firmly believe that the battle against obesity and unhealthy lifestyles will be won in the local communities."

Beginning June 15, Kevin will push his wheelchair nearly 2,000 miles from outside Detroit to the U.S.-Mexico border near Laredo, Texas. Detroit was named the 2004 Fattest City in America by Men's Fitness magazine and was a logical starting point in the U.S. for this historic journey.

In addition to pushing his chair across the country, Kevin will meet with state and local leaders to facilitate a discussion designed to launch a community-based grass-roots approach to achieving a healthier nation—one community at a time. Kevin will provide the leadership in each community with resources designed to help establish or improve health and fitness initiatives.

"Sometimes the hardest thing is just knowing where to begin. That's why we've assembled resources for communities to begin launching effective health and fitness initiatives immediately," said Kevin.

Kevin was injured in a 1981 grain-elevator explosion in Corpus Christi, Texas which severed his spinal column and paralyzed him from the chest down. His spirit pushed him to overcome these devastating injuries and then to become a world champion wheelchair athlete. Kevin went on to represent the United States three times in the Paralympic Games.

Kevin was the first person with a disability to be appointed to the President's Council on Physical Fitness and Sports. He was appointed to the Council by President George H. Bush and later reappointed by President Bill Clinton.

The Kevin Saunders' Tour of America was launched on May 5, 2004 in Corpus Christi, Texas. The Big Push will include stops in major cities along the route including: Detroit, Toledo, Ft. Wayne, Indianapolis, St. Louis, Little Rock, Dallas, Houston, Austin, San Antonio and Laredo. Kevin's Canada-to-Mexico journey is part of a nationwide tour that will ultimately take him through all 50 states.

The tour, which is operated by the nonprofit, Kevin Saunders Health and Fitness Foundation, is being supported by private and corporate donations. All profits from the sponsorships will be donated to the American Heart Association, the YMCA and the American Diabetes Association.

The Big Push

How you can help

A victory we can win together—
A Message from Kevin Saunders

Approximately 64% of all adults in the U.S. are either overweight or obese according to a national CDC survey. Obesity has reached epidemic proportions and despite the abundance of information and rhetoric. The problem is just getting worse.

It's time to do more than pay lip service to this plague. I've made a personal commitment to be part of the solution that will ultimately lead our nation out of our current obesity epidemic.

I firmly believe that the battle against obesity and unhealthy lifestyles will be won in the local communities—where we live, go to school, work, and play. It is here where we have the greatest opportunity to form positive, lifelong health and fitness habits. I am committed to spending the next 18 months of my life bringing to individual communities resources that will enable them to launch effective, lasting health and fitness initiatives.

But I need your help.

Your donation to my nonprofit Foundation will not only help me spread my message across the country, it will also support the American Heart Association, YMCA of the USA and American Diabetes Association.

Donations may be made by mail or by logging onto: www.healthandfitnesstour.com.

When it comes to achieving health and fitness goals, most people feel like they are on their own. I am committed to working with Americans all across our nation to help change that.

Please join me in the fight for lifelong health and fitness. It's a battle we can win together.

Please complete the form below for donations made by mail. Checks should be made payable to the Kevin Saunders Health and Fitness Foundation and sent to:

The Kevin Saunders Health and Fitness Foundation
403 Delaware St
Downs, KS 67437

Name _____
Address _____
_____
Email _____
Donation Amount _____

For more information about the Kevin Saunders' Health and Fitness Tour of America or the Health and Fitness Foundation, please log onto the website: www.healthandfitesstour.com or call **(785) 454-3670**

How will the Tour support the three nonprofits and their initiatives?

All profits generated from the sponsorship of the Health and Fitness Tour of America will be donated to the American Heart Association, the American Diabetes Association and the YMCA. These three organizations were specifically chosen for their commitment to achieving and maintaining healthy lifestyles. Kevin's efforts are also being used by the American Heart Association in conjunction with their advocacy initiatives.

How can my organization support the Health & Fitness Tour of America?

There are a number of ways to support and become involved in the Health & Fitness Tour of America. Tour sponsorships are available on the national, regional and local levels. In addition, there are other opportunities to support the tour that can be tailored to meet your organization's individual needs.

Why is this tour so important?

More than 400,000 Americans will die this year due to obesity-related disease. Our nation's children have been deemed the "World's Fattest Kids" and sky-rocketing healthcare costs are debilitating corporate America. By providing health and fitness information and the tools Americans need to get in shape, the Health & Fitness Tour of America can help turn these statistics around.

The Health & Fitness Tour of America is a grass-roots initiative to improve the health of our nation, one community at a time.

How can I follow the Health & Fitness Tour of America tour?

You can follow the tour schedule, its route and progress on I'mShapingUp.com. On the website, you can read about the events of the tour, responses from people across the nation, the effects the tour is having on communities, and much more.

You can also learn more about health and fitness at I'mShapingUp.com, the world's first virtual fitness club committed to getting Americans in shape. It is a content rich, easy-to-understand source of information that makes fitness and proper nutrition easy and fun. The site can also be customized by the member based on fitness level, life stage and fitness interests.

Why did Kevin Saunders choose to lead the Health & Fitness Tour of America?

Kevin Saunders' message of motivation and personal success is one that resonates throughout all challenges in life.

Surviving one of the worst grain elevator explosions in history, Kevin Saunders was forced to call upon inner strength and determination to redirect the course his life had abruptly taken. But despite the many difficult years of recovery and rehabilitation, Kevin never gave up and always reminded everyone within earshot that, "There's Always a Way."

From his years of service with the President's Council on Physical Fitness and Sports, Kevin knows well that the obesity epidemic must no longer be ignored. He is committed to be a part of the solution and has dedicated his life to motivating others to do the same.

News and Articles

The following pages include:

- Current Press Releases
- Letters of Support and Recommendaton
- Current News Reports
- Listing of Current Media Impressions

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STATE OF ALASKA
OFFICE OF THE GOVERNOR
JUNEAU

March 25, 2004

Mr. Kevin Saunders
Health and Fitness Tour of America
105 West Park Drive, Suite 400
Brentwood, TN 37075

Dear Mr. Saunders:

On behalf of the citizens of Alaska, it is my pleasure to welcome you to the Last Frontier. I commend you for the great endeavor you are taking on with your Health and Fitness Tour of America.

I applaud your objective of promoting a fit nation, one community at a time. Your determination and vision of bringing a message of encouragement and motivation to Alaska at a time when many Americans suffer from lifestyle-related diseases is an inspiration to all.

Please accept my best wishes for a successful Health and Fitness Tour. I hope you enjoy your time in Alaska and witness the enthusiasm all Alaskans share for the unique fitness and recreation opportunities our state offers.

Sincerely yours,

Frank H. Murkowski
Governor

GOVERNOR ARNOLD SCHWARZENEGGER

May 1, 2004

Kevin Saunders
Health and Fitness Tour of America

On behalf of the people of California, I am delighted to offer you a warm welcome to the Golden State.

I share your goal of promoting a fit nation, one community at a time, and I commend your hard work in support of healthy living.

As a former world champion and Olympic wheelchair athlete, you are an inspiring role model and a true expert in health and well-being. Your Tour of America encourages and empowers individuals to take positive steps toward improving their personal health.

I am confident that you will receive the energetic support from communities throughout our state that are participating in this health and fitness initiative.

Please accept my best wishes for a successful Health and Fitness Tour and thank you for bringing your important message to California.

Sincerely,

Arnold Schwarzenegger

STATE CAPITOL • SACRAMENTO, CALIFORNIA 95814 • (916) 445-2841

Commendation

presented to

KEVIN SAUNDERS

FEBRUARY 17, 2004

On behalf of the State of Hawai`i, I extend a warm welcome as you journey to Honolulu this April as part of your Health and Fitness Tour of America. I understand the tour will take you to 125 U.S. cities in a grassroots effort to encourage a healthier nation – one community at a time.

As a former Olympic wheelchair athlete, you served as a member of the President's Council on Physical Fitness and Sports under Presidents George H. Bush and Bill Clinton. Now you are bringing a message of inspiration and motivation to Hawai`i at a time when many Americans suffer from lifestyle-related diseases. Many of these serious conditions could be helped or prevented by following common-sense guidelines, such as eating a healthy diet, avoiding tobacco and excessive alcohol, getting sufficient sleep and following a regular exercise routine.

I commend you and all the other participants in this important health and fitness initiative, and offer my best wishes for a successful tour. Mahalo nui loa.

Aloha,

LINDA LINGLE
Governor, State of Hawai`i

BOB TAFT
GOVERNOR
STATE OF OHIO

FROM THE OFFICE OF GOVERNOR BOB TAFT

I am pleased to extend my warmest greetings to the Kevin Saunders' Health and Fitness Tour of America, as Kevin makes his way through the great State of Ohio.

The State of Ohio is honored to be included in this tour and gives special attention to its message of inspiration and motivation. We support the tour's grass-roots approach to achieving a healthier nation—one community at a time.

I am confident that the Kevin Saunders' Health and Fitness Tour of America will encourage and empower the citizens of this great state to continue their personal health and fitness. I commend the leadership of Kevin Saunders for bringing this message of health and fitness to Ohio.

On behalf of all Ohioans, best wishes for a successful Tour of America!

Sincerely,

Bob Taft

Bob Taft
Governor

77 SOUTH HIGH STREET • 30TH FLOOR • COLUMBUS, OHIO 43215-6117 • 614.466.3555 • FAX: 614.466.9354

STATE OF TEXAS
OFFICE OF THE GOVERNOR

March 10, 2004

Greetings to:

Kevin Saunders

On behalf of more than 21 million Texans, I extend a warm welcome to you on your Health and Fitness Tour of America.

Your efforts to raise public awareness about the importance of routine physical activity in alleviating obesity-related illnesses are to be commended.

As a former Olympic wheelchair athlete, you are a special inspiration and motivation for your fellow Texans and, indeed, all Americans.

Your scheduled visits to Houston, Corpus Christi, San Antonio and Dallas in April and May will underscore the importance Texas is placing on routine physical activity and healthy lifestyles at the April 17 Texas Round Up — a physical fitness and health expo on the state capitol grounds.

I encourage all Texas communities to follow your lead in developing community-based health and fitness programs.

Sincerely,

Rick Perry

Rick Perry
Governor

GARY LOCKE
Governor

STATE OF WASHINGTON
OFFICE OF THE GOVERNOR
P.O. Box 40002 • Olympia, Washington 98504-0002 • (360) 753-6780 • www.governor.wa.gov

Message from the Governor

June, 2004

As Governor of the state of Washington, I am pleased to welcome Kevin Saunders and his Health and Fitness Tour of America.

Kevin has turned tragedy into triumph by overcoming a workplace injury to become what many people consider to be one of the world's greatest wheelchair athletes. It is an honor that he has come to our state to share his message of inspiration and encouragement. I applaud his effort to building a more physically fit nation one community at a time.

The Health and Fitness Tour of America will empower people to make fitness a priority in their lives, and I congratulate Kevin and those who are working with him on this worthwhile project.

Please accept my best wishes for a successful visit, and keep up the great work!

Sincerely,

Gary Locke
Governor

OFFICE OF THE GOVERNOR
INDIANAPOLIS, INDIANA 46204-2797

JOSEPH E. KERNAN
GOVERNOR

June 24, 2004

On behalf of the State of Indiana, I welcome Kevin Saunders and his Health and Fitness Tour of America.

Indiana gives special attention to this tour and its message of inspiration and motivation. We support the tour's grassroots approach to achieving a healthier nation – one community at a time.

I am confident that the Kevin Saunders' Health and Fitness Tour of America will encourage and empower the citizens of this great state to continue improving their personal health and fitness.

I am personally grateful to all those who are participating in this important health and fitness initiative and strongly encourage the most productive cooperation with Kevin Saunders and his team.

Sincerely,

Joseph E. Kernan

OFFICE OF THE GOVERNOR
STATE OF MISSOURI
JEFFERSON CITY
(573) 751-3222
http://go.missouri.gov

BOB HOLDEN
GOVERNOR

ROOM 216
STATE CAPITOL
65101

June 29, 2004

GREETINGS:

On behalf of the State of Missouri, I extend greetings to Kevin Saunders and the Health and Fitness Tour of America.

A healthy nation is a productive nation and one that guarantees our future success. Keith Saunders' Health and Fitness Tour of America will encourage and empower the citizens of Missouri to improve their health and fitness one community at a time.

My best wishes for a successful and rewarding journey across Missouri.

Sincerely,

Bob Holden

Bob Holden
Governor

BH:db

STATE OF ARKANSAS
MIKE HUCKABEE
GOVERNOR

June 30, 2004

To: Kevin Saunders

Dear Kevin,

It is my pleasure and honor to welcome you and your Health and Fitness Tour of America to our great state of Arkansas. Your message is one of inspiration and motivation and is commendable.

The Kevin Saunders' Health and Fitness Tour of America will encourage and challenge the citizens of Arkansas to continue improving their personal health and fitness.

On behalf of the citizens of our great state, I send my best wishes for a successful tour and may God bless you!

Sincerely yours,

Mike Huckabee

MH:am

State Capitol Building, Suite 250 * Little Rock, AR 72201 * mike.huckabee@state.ar.us
501-682-2345 * Fax 501-682-1382 * TDD 501-682-7515

Journal log of Media Impressions for "Big Push" and
Kevin Saunders Health and Fitness Tour of America
From Canada to Mexico
05/26/04 to 08/10/04

May 26, 2004

Web Article
"World Champion Wheelchair Athlete to Push Wheelchair from Canada"
http://www.personal-trainer-search.com/p/157,837.html
Detroit E-News
http://www.detnews.com/2004/fitness/0406/09/h03-177881.htm

Wednesday, June 16, 2004

Detroit, Michigan
MEDIA: Phone Radio Interview WNIC
Newspaper Interview Heritage Newspapers
Newspaper Interview Monroe Evening News
Tuesday, June 15, 2004 Declared Kevin Saunders Day in Detroit
MEDIA: TV Interview on Morning News WXYZ TV - ABC
TV Interview on Morning News WJBK - FOX
10:30 AM Start Tour at 11:00 a.m. Fiesta Gardens

Friday, June 18, 2004

Toledo, OH
Thursday, June 17, 2004 Declared Kevin Saunders Day in Toledo by Mayor Ford
MEDIA: Telephone Radio Interview WSPD-AM 1370
10:00 AM Meeting with Mayor Ford
Media at Mayor's office: WNWO TV – NBC
WTOL TV – CBS

WUPW - FOX
Newspaper Interview Perrysburg Messenger Journal
Wednesday, June 16, 2004
MEDIA: TV Interview from the road with WNWO TV NBC
TV Interview with WTOL TV - CBS

Monday, June 21, 2004

Fort Wayne, IN

Monday, June 21, 2004 Declared Kevin Saunders Day in Ft Wayne by Mayor Richard
2:00 PM Meeting with Mayor Richard
MEDIA: TV and Newspaper Interview from city park.
TV interview with WANE TV – CBS
TV interview with WKJG TV – NBC
TV interview with WPTA TV – ABC
Newspaper interview with The Ft. Wayne Journal Gazette.
Friday, June 18, 2004
MEDIA: TV interview from the road with WANE TV - CBS
TV Interview with WKJG TV – NBC
TV Interview with WPTA TV - ABC

Tuesday, June 22, 2004

Bluffton, IN

Tuesday, June 22, 2004 Declared Kevin Saunders Day in Bluffton
Kevin received key to the city of Bluffton
MEDIA: Newspaper Interview Bluffton News-Banner

Friday June 25, 2004

Indianapolis, IN

MEDIA: TV Interview WISH - CBS
Phone Radio Interview WBTU (Fort Wayne, IN)
Thursday June 24, 2004 Declared Kevin Saunders Day in Indianapolis by Mayor Peterson
9:00 AM Meeting with Mayor Peterson
MEDIA: TV Interview WTHR - NBC Channel 13
Wednesday June 23, 2004
MEDIA: Newspaper interview The Courier Times

Media Event Press Conference at Baymont
Phone Radio Interview WIBC AM

Monday June 28, 2004

Lebanon, IN
MEDIA: Newspaper Interview Lebanon Reporter
2:00 PM Meeting with Mayor Acton
Police Escort Lebanon Police

Tuesday June 29, 2004

Crawfordsville, IN
Meeting with Mayor
MEDIA: Newspaper Interview with The Crawfordsville Journal Review

Thursday July 1, 2004

Champaign, IL
Thursday, July 1, 2004 Declared Kevin Saunders Day in Champaign by Mayor Gerald Schweighart
9:30 AM Meeting with Mayor Gerald Schweighart
MEDIA: TV Interview with WCIA TV - CBS
Wednesday June 30, 2004
1:30 PM State Patrol Escort State Police
4:00 PM Award Presentation Marty Morris & Jean Driscoll

Thursday July 1, 2004

Monticello, IL
Meeting with Mayor
Meeting with City Police
MEDIA: Newspaper Interview with The Piatt County Journal-Republican

Thursday July 1, 2004

Decatur, IL
Meeting with Mayor Osborne
MEDIA: TV Interview WAND - ABC

Friday July 2, 2004

Litchfield, IL
Friday, July 2, 2004 Declared Kevin Saunders Day in Litchfield by Mayor Dunkirk
9:00 AM Meeting with Mayor Dunkirk Mayor's Office
MEDIA: Newspaper Interview with The Hillsborough Journal
Newspaper Interview with The Montgomery County News
Newspaper Interview with The Litchfield News Herald
9:30 AM City Police Escort Litchfield Police

Saturday July 24, 2004

St. Louis, Missouri
MEDIA: Radio Interview 97.1 FM
Thursday July 8, 2004
9:00 AM Speak at high school Roosevelt High School
11:00 AM Speak at high school Beaumont High School
Wednesday July 7, 2004 Declared Kevin Saunders Day in St. Louis
12:30 PM Meeting with Mayor Slay
MEDIA: TV Interview with KSDK TV - NBC
"Get Hooked on Health St. Louis" CCIN
6:30 PM Baseball Game St. Louis Cardinals
Monday July 5, 2004
MEDIA: TV Interview Today in St. Louis" KSDK - NBC

Friday July 9, 2004

Columbia, Illinois
11:00 AM Police Escort Columbia City Police
Sheriff's Escort Monroe County Sheriff Dept

Friday July 9, 2004

Waterloo, Illinois

Friday, July 9, 2004 Declared Kevin Saunders Day in Waterloo by Mayor Kipping
12:45 PM Police Escort Waterloo City Police
1:00 PM Meeting with Mayor Kipping
MEDIA: Newspaper Interview Republic-Times
Newspaper Interview Monroe County- Clarion Journal
Newspaper Interview Monroe Co- Independent Newspaper

Monday July 12, 2004

Chester, Illinois

MEDIA: Newspaper Interview Randolph County Herald Tribune

Tuesday July 13, 2004

Cape Giradeau, Missouri

Tuesday, July 13, 2004 Declared Kevin Saunders Day in Cape Giradeau by Mayor Knudtson
Meeting with Mayor Knudtson
MEDIA: Radio interview KRCU - NPR 90.9
TV Interview with KFVS TV – CBS
Newspaper Interview with The Southeast Missourian
Friday July 9, 2004
MEDIA: Radio phone interview KZIM 960 AM –NewsRadio

Wednesday July 14, 2004

Advance, Missouri

10:00 AM Meeting with Mayor Harness

Wednesday July 14, 2004

Dexter, Missouri

MEDIA: Newspaper Interview Daily Statesman

Radio Interview KDEX - 1590 AM & 102.3 FM
Meeting with Mayor Webster
Police escort out of city

Thursday July 15, 2004

Kennett, Missouri
MEDIA: Newspaper Interview The Daily Dunklin Democrat
Meeting with Mayor Parker

Thursday July 15, 2004

Senath, Missouri
Meeting with Mayor Brooks
MEDIA: Newspaper Interview The South County News

Tuesday July 20, 2004

Memphis, Tennessee
Recognized Kevin Saunders for His Contribution to the Community of Memphis
Meeting with City Council
Monday July 19, 2004
MEDIA: Radio studio interview WHBQ - 560 AM
TV Interview - "Live at 9" WREG - CBS Channel 3
Police Escort to Baymont Memphis City Police
MEDIA: TV Interview at Baymont WMC - NBC Channel 5
WHBQ Channel 13
Sunday July 18, 2004
MEDIA: TV Interview WPTY-ABC 24/WLMT-UPN 30

Wednesday, July 21, 2004

Marianna, Arkansas
Police escort
Meeting with Mayor Taylor and City Cleark Gray
MEDIA: Newspaper Interview The Courier-Index

Friday July 23, 2004

Stuttgart, Arkansas
Meeting with Mayor Richenback
MEDIA: Newspaper interview Daily Leader County

Wednesday July 28, 2004

Little Rock, Arkansas
Tuesday July 27, 2004 Kevin Saunders was Recognized as Ambassador of Health and Fitness in the Sate of Arkansas by Governor Mike Huckabee TV
MEDIA: Interview KARK NBC Channel 4
TV Interview "News 4 Arkansas Today"
KARK NBC Channel 4
Meeting with Chris Pyle Policy Advisor for Family & Faith
Meeting with Governor Governor Mike Huckabee's Office
Monday July 26, 2004
MEDIA: TV Interview "THV This Morning"
KTHV CBS Channel 11"
Newspaper Interview Jacksonville Patriot
Saturday July 24, 2004
MEDIA: Radio Interview St. Louis radio station

Thursday July 29, 2004

Malvern, Arkansas
Meeting with Mayor Northcutt, Police Chief Tart, Asst. Chief of Police O'keefe, and other city leaders
MEDIA: Newspaper Interview Malvern Daily Record

Thursday July 29, 2004

Benton, Arkansas
Meeting with Sheriff Mask and Saline County Chaplin Burk
MEDIA: Newspaper Interview The Benton Courier Newspaper
Newspaper Interview with The Bryant Banner

Friday July 30, 2004

Caddo Valley, Arkansas
Meeting with Mayor Hollingshead, City Manager Copelan, Director of Park and Rec Brumley and City Director Kelly

Thursday August 4, 2004

Arkadelphia, Arkansas
Friday July 30, 2004 Declared Kevin Saunders Day in Arkadelphia
MEDIA: Radio station Interview KYKX 106
Radio station Interview KYXK 106 FM
Visit Parks and Rec
Newspaper Interview Arkadelphia Siftings Herald

Friday July 30, 2004

Prescott, Arkansas
Meeting with Mayor Taylor
MEDIA: Newspaper Interview Nevada County Newspaper

Friday July 30, 2004

Hope, Arkansas
Meeting with City Manager Cook

Monday August 2, 2004

Texarkana, Arkansas
Friday July 30, 2004 Declared Kevin Saunders Day in Texarkana
9:30 AM CST Meeting with Mayor
Mayor Horace G. Shipp
MEDIA: TV Interview KTBS ABC Channel 3
TV Interview KTBS Channel 3

Thursday August 5, 2004

Shreveport, LA

Wednesday August 4, 2004 Declared Kevin Saunders Day in Shreveport by Mayor Keith Hightower

MEDIA: TV Interview KTBS - ABC Channel 3
TV Interview KSLA - CBS Channel 12
Meeting with Mayor Mayor Keith Hightower
TV Interview KTBS Channel 3
KTAL Channel 6
Tuesday August 3, 2004
Wheel into Shreveport Sam's Town w/ police escort
MEDIA: TV Interview KTAL NBC Channel 6
KSLA CBS Channel 12
KTBS ABC Channel 3
Newspaper Interview The Shreveport Times

Tuesday August 6, 2004

Longview, TX

Tuesday, August 6, 2004 Declared Kevin Saunders Day in Longview by Mayor Moore

MEDIA: TV Interview with KLTV TV ABC in Longview
11 AM Meeting with Mayor Moore
MEDIA: Newspaper interview with The Longview News Journal

Thursday August 6, 2004

Tyler, TX

Thursday, August 6, 2004 Declared Kevin Saunders Day in Tyler by Mayor Pro Tem Scurry

3:30 PM Meeting with Mayor Pro Tem Scurry
MEDIA: TV Interview with KLTV TV – ABC
Newspaper Interview with The Tyler Morning Telegraph

Friday August 13, 2004

Dallas, TX

Friday, August 13, 2004 Declared Kevin Saunders Day in Dallas, Texas by Mayor Laura Miller
Official Wheel In To Dallas at the Grapevine Baymont
4:30 PM Kevin received official proclamation from Sheila Stokes head of Lighten Up Big D! for Mayor Laura Miller at the Mayor's office city hall downtown Dallas, TX

Monday August 16, 2004

Athens, TX

Media: The Athens Daily Review; Interview with Reporter Brad Bennett.

Tuesday August 17, 2004

Jacksonville, TX

Media: Jacksonville Daily Progress; with Editor – Larry Krantz

Wednesday August 18, 2004

Palestine, TX

MEDIA: Interview with The Palestine Herald Press; Reporter Mary Rainwater
Andy took a picture for Mary, and we told her that we would email it to her when we got back to our hotel in Athens. We had one more night in Athens before we moved on to our sponsor Baymont hotel in Conroe, TX.
Media: KYYK 98.3 AM: Set up interview with Patty Underwood.

I left a copy of my book and some brochures about the tour with the office of State Senator Todd Staples from district 3. Senator Staples' is really into health and fitness and supports our efforts.

Thursday, August 19, 2004

Huntsville, TX

Thursday, August 19, 2004 was Declared Kevin Saunders Day in Huntsville by Mayor Steed Smith

MEDIA: Interview with "The Huntsville Item" newspaper reporter Kurt Allen
Mayor Steed Smith presented Kevin with a Proclamation declaring Thursday August 20,

Monday, August 23, 2004

Conroe, TX

Monday August 23, 2004 Declared Kevin Saunders Day in Conroe, TX by Mayor Tommy Metcalf

MEDIA: Interview with "The Courier" Reporter Lauren Hutton

Tuesday, August 25, 2004

Houston, TX

Tuesday August 24, 2004 was Declared Kevin Saunders Day in Houston by Mayor Bill White

Wednesday - August 25, 2004- TV interview with KHOU CBS Houston, TX
Radio interview with Palestine, TX KNET 1450AM

Monday, August 30, 2004

Austin, TX

Monday, August 30, 2004 was Declared Kevin Saunders Day in Austin, TX by Mayor Wynn

MEDIA: Interview KXAN NBC Channel 36 Austin, TX

Friday, September 3, 2004

San Antonio, TX

Friday, September 3, 2004 was Declared "Kevin Saunders Day" in San Antonio, TX

September 2, 2004 Official wheel into San Antonio

September 3, 2004 11:30 AM - Meeting with Mayor Pro-tem of San Antonio
MEDIA: Interview “San Antonio Express News” – Reporter: Bill Pack

Tuesday, September 7, 2004

Laredo, TX

September 7, 2004 Official wheel into Laredo, TX
MEDIA: TV Interview with reporter Mireya Villarreal: KGNS TV NBC Channel 8
TV Interview with reporter Christina Garcia: KVTV TV CBS Channel 13
TV Interview with reporter Juan Rodriguez: KLDO TV Univision Channel 27
Newspaper Interview: “Laredo Morning Times” with Times sports editor Salo Otero

Wednesday, September 8, 2004

MEDIA: TV Interview: NBC Today Morning Show KGNS TV Channel 8 with anchor/reporters Steve Lyerly and Christina Meding.
TV Interview: CBS KVTV TV Channel 13 evening news with anchor Richard Noreiga.
Newspaper Interview with Nancy Martinez: “Laredo Morning Times”
Photo editor Ricardo Santos

Thursday, September 9, 2004

Recognized Kevin Saunders for his inspirational mission of raising health and fitness awareness for all Americans by the city of Laredo, TX.
Meeting with Mayor Elizabeth Flores of Laredo and acceptance of Key to the city on behalf of The Health and Fitness Tour of America.
MEDIA PRESENT: CBS KVTV TV Channel 13, Univision KLBO TV Channel 27
Presentation to Lyndon B. Johnson High School in Laredo, TX
MEDIA PRESENT: CBS KVTV TV Channel 13, Univision KLBO TV Channel 27

Mexico/U.S. Border

11:00 AM Official wheel across the Mexican/U.S. border; Kevin breaks the ribbon as he crosses over the Mexican border ending the “Big Push” totaling 2,091 miles from the Detroit, MI / Canadian border to the Laredo, TX / Mexican border.

Contact Information

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For More Information or to make a donation* please contact:

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OR
785-454-3670

Kevin Saunders' Health and Fitness Foundation is a nonprofit organization (FEIN 20-0714923).

Contact Information