

ANTHONY WILLIAMS
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Anthony V. Williams deserves to be recognized as one of the Champions of Change under President Barack Obama's administration for his continuous work to fight against childhood obesity. He has done this by providing a blueprint for change in our community by initiating resources to plan nutritional meals for families with a fixed income and by promoting physical activities for families throughout the Metropolitan Louisville, Kentucky community. Anthony recognizes change has to be made within the family unit before it can be made with a child.

Anthony V. Williams is the Recreation Administrator for the City of Louisville Metropolitan Parks and Recreation Department. He manages twelve community centers and all athletic programming in the city of Louisville. He has dedicated over half of his life to provide programs for children who reside in low to moderate, high crime areas where the obesity rate is tripled by non-activity and lack of adequate nutritional meals. In his position, his main focus throughout his 27 years of service in the Louisville community is to enhance the lives of the children by providing them with organized physical activities and a blueprint to enhance their diet.

Anthony has often stated he would prefer children "***to be working their lungs instead of their thumbs***". During his tenure, he has provided many opportunities for the children by seeking as many grants, partnerships and funding to promote his life-long commitment to beat childhood obesity. This has been **his** passion to provide children the opportunity to partake in physical activity and maintain a healthy living. He has partnered with the Kentucky Field and Wildlife and the Cincinnati Reds, Major League Baseball Association (Reds Rookie Success League) to allow children the opportunity to participate in physical programs without any costs. Over three hundred children participated with the fundamentals of baseball with the "Reds Rookie Success League", which was a free coed, character-building summer baseball program. It was an introductory baseball program for school age boys and girls. It featured baseball and girls' softball components while focusing on a character-based curriculum and the "Six Stars of Success" - Cooperation, Integrity, Respect, Education, Determination and Spirit.

Anthony assisted in developing the Family Contract for Better Health in which he challenged families to improve their health. He asked them to create a Family Goal, such as to eat a well-balanced meal together as a family at least three times per week and in order to make the improvement he wanted them to outline the steps to implement the goal, such as, planning and shopping for the meal preparation in advance. At the end of the contract was the signature of both parents and the children. He has been very innovative in creating ways to get both the parents and children involved in nutrition and keeping the family unit together.

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Anthony continues to promote his goal of providing a healthy and nutritional family unit by obtaining funding to provide certified fitness instructors in low income areas. These instructors provide classes in Zumba, Tai-Chi, Yoga and other cardio training which allows parents and children to exercise together. These classes are brought into low income areas where they are not readily available.

Under his tenure, each year the Louisville Metro Parks has offered camping opportunities for ages 6-12 year olds through an eight week camp and in 2011, over 700 children participated in the camp. The camp afforded a nutritional breakfast and lunch which was funded by Community Action Partnership. The children were able to participate with reading, math and tutorial as well as nutrition education classes and athletic programs. Campers were also provided programs regarding fitness, food groups, healthy eating, blood pressure screenings and fitness assessments.

Anthony Williams continues his work to impact the children of his community and this is why he is a Champion of Change to the families in the Louisville, Kentucky community and we anticipate that you consider him as one of President Barack Obama's Champions of Change for the nation.