

Contact: Tracy Rzepka  
BWI Health Promotions  
Phone: 716-992-2732  
Fax: 716-992-3747  
[tracybwi@verizon.net](mailto:tracybwi@verizon.net)  
[www.bwihp.com](http://www.bwihp.com)



## FOR IMMEDIATE RELEASE

### Clarence man awarded by association for health advocacy efforts

BUFFALO, N.Y., January 8, 2010 – Randy Williams of Clarence was awarded the 2010 Amazing Person for the Western Zone by the New York State Association for Health, Physical Education, Recreation and Dance (NYS AHPERD) for his health advocacy efforts. Williams – a member of the professional organization focused on physically active and healthy lifestyles through school and community programs in health education, physical education, recreation and dance – received the award at the association’s 2010 conference in November.

Williams is a substitute teacher in the North Tonawanda City School District and a team member of BWI Health Promotions. He has facilitated BWI’s Be Fit Kids program, which engages children in personal health and fitness, and assisted with worksite assessments and other BWI programming.

Williams, who earned his bachelor of science degree from The College at Brockport and is working toward his master’s degree in health from the University of Alabama, said that the BFK program has enhanced his skill set in helping children to embrace wellness. The results-oriented program promotes healthy living and learning, decreasing childhood obesity and increasing daily physical activity.

The NYS AHPERD consists of nearly 3,400 members, with 330 in the Western Zone that spans Niagara, Erie, Chautauqua and Cattaraugus counties. Members include teachers of health, physical education, recreation and dance; agency, community, and worksite health professionals; youth coaches; and future professionals of kindergarten through higher education settings.

“It is an honor to be recognized by a tremendously committed group of professionals,” Williams said. “Being a member really shows a commitment to staying on the cutting edge with best practices.”

The honoree has presented at mini conferences of the association’s Central Western/Western Zone and serves as the Western Zone secretary. He previously served as president and program planner for the state’s Future Professionals Section.

#### About BWI Health Promotions

BWI Health Promotions has been a regional leader of comprehensive wellness management solutions, team-building, fitness programs and worksite health since 1994. Its goal is to provide customized health promotion services that positively impact an organization’s bottom line and produce measurable results. For more information, call (716) 992-2732 or visit [www.bwihp.com](http://www.bwihp.com).



Photo by Paula Hamada Summit  
**Randy Williams, left, receives the 2010 Amazing Person for the Western Zone from Jason Lehmbeck, president of the New York State Association for Health, Physical Education, Recreation and Dance.**

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