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## FOR IMMEDIATE RELEASE

### Owner of health promotion company named to national health and fitness board

BUFFALO, N.Y., January 17, 2011 – Shawna Dosser of Eden has been named to the Board of Directors of the National Association for Health and Fitness (NAHF). The non-profit organization promotes physical fitness, sports and healthy lifestyles by fostering and strengthening governor and state councils that encourage regular physical activity.

Dosser, president and CEO of BWI Health Promotions, is a health educator, exercise physiologist and certified wellness program manager. She is also a Certified Lean Six Sigma Green Belt and has served as an adjunct faculty member at several Western New York colleges.

NAHF is composed of approximately 15 state councils, five national organizations and 50 health professionals. In addition to supporting coalitions that bolster Americans' quality of life, NAHF's signature event is the National Employee Health and Fitness Day, the largest worksite health and fitness event in North America held every year on the third Wednesday of May. The association also recognizes organizations, state councils and individuals that work to improve health.

Dosser's two-year term includes service as the Northeast Area Director, representing New York as well as Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, Pennsylvania, Rhode Island and Vermont.

NAHF Executive Director Philip Haberstro, who is also founder and executive director of the Wellness Institute of Greater Buffalo and WNY Inc., said that Dosser's strong understanding of worksite and community health promotion, as well as professional expertise, contributes to what he considers as one of the strongest NAHF boards.

"When I look for board members, I want people who I know are doers and make things happen. I view Shawna professionally in that respect," Haberstro said. "I'm very pleased to have someone of her skills and abilities from our community."

The board features representation from all geographic regions of the country. It is led by: President Diane Hart, owner of Hart to Heart Fitness in Albany, N.Y.; Vice President Stacy Fowler, president of Fitness Scouts in Golden, Colo.; Secretary Jacqui Shumway of Denver, Colo., owner of TCM College of Sports Medicine - Tai Chi Project and director of AMP! the Brain Community Organizing; and Treasurer Ben Schaffer of the New Jersey Physical Fitness & Sports Council.

### 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. BWI's National Health Promotion Training Institute offers web-based learning certificate programs for individuals looking to enhance their personal knowledge in the field of health promotion. For more information, call (716) 992-2732 or visit [www.bwihip.com](http://www.bwihip.com).

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