

Requirements for the Mayor's Award

Do you know an "Elite Athlete"? We are looking for athletes that go above and beyond the usual athlete. This type of person is the one that maybe runs more than 50 miles a week and or bikes over 140 miles a week. This person maybe works out 7 times a week and leads a very active and healthy life style. Do you know an elite athlete or are you one? Let us know by filling out the form attached so you or they could be considered to receive a Mayor's Fitness Award?

Physical activity everyday helps you in many different ways. By doing more physical activity you are more fit, have more energy, release stress, and increase your self-esteem, making you happier. The City of Santa Ana is working hard to encourage healthy living among our residents. Please look at our website for more information on our many programs. www.santa-ana.org

Trivia: What is a pedometer?

A pedometer is an instrument that is used to measure the distance a person covers on foot by responding to the body movement at each step. Some pedometers can also tell you how many calories you have burned throughout the day.