



Governor's Advisory Council on Physical Fitness and Mental Well-Being

The Governor's Advisory Council looks forward to partnering with League of California Cities!

Below you will find information about the Council as well as some current opportunities for collaboration specific to Cal Cities.

About the Advisory Council:

The Governor's Advisory Council on Physical Fitness and Mental Well-being was established in August 2020 by Governor Gavin Newsom to explore healthy strategies to ensure Californian can thrive both physically and mentally. The Council is co-chaired by First Partner Jennifer Siebel Newsom and 10-Time Pro Bowler and Football Hall of Fame Inductee Ronnie Lott. The Advisory Council includes additional representatives from health and wellness organizations, youth sports programs, education, the entertainment and fitness industry, and other experts on physical and mental health.

The **mission** of the Advisory Council is to promote equitable and sustainable access to physical fitness and mental well-being resources for ALL Californians, prioritizing youth and families.

Council's Goals

1. Promote evidence-based, daily mindfulness and breathwork practices for youth and families, especially at schools.
2. Promote all types of physical activity for youth and families with a focus on daily movement, skill development and play, especially at schools.
3. Reimagine a more positive and inclusive sports, fitness, and wellness culture for all California youth and families to bolster health, community and belonging for ALL Californians.

In January 2023, the Advisory Council launched the campaign Move Your Body Calm Your Mind, providing encouragement on how Californians can thrive physically and mentally. Information about the campaign can be found at moveyourbodycalmyourmind.org.

Partnership Opportunities with the Governor's Advisory Council on Physical Fitness and Mental Well-Being

We would love to partner with YOU and your organization uplift, amplify, and raise awareness on the Council's mission and goals.

Current Opportunities:

1. **Partner with the Advisory Council to Offer Youth Sport Coaches and Recreation staff trainings on how to coach for the whole child with a focus on social emotional support.**

The Advisory Council is partnering with the Center for Health and Justice Through Sport ([CHJS](#)) to offer a series of these trainings throughout the state at no cost to participants. Depending on the size, the trainings will be roughly a half day and could include anywhere from 150-300 participants, ranging from local Parks and Rec staff and coaches, private youth sport league coaches and school sport coaches.

We are looking to recruit participants for these upcoming trainings through the end of this year and into 2024.

- Do you know a group of Coaches that would benefit from this training?
- Do you have a great venue ideal to host a training?

If interested, please contact: Jessica.Byers@cdph.ca.gov.

2. **Share Best Practices** for physical activity, mindfulness and breathwork in your community, school, or organization. The Advisory Council is collecting resources, information and case studies/success stories on the most effective ways to incorporate movement, mindfulness and breathwork in schools and the community. We would love to hear your story!

For additional questions or additional information about getting involved, please email Jessica.Byers@cdph.ca.gov.

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#MoveYourBodyCalmYourMind