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News Release

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“Kitsap Gets Active Award” to Lisa Ballou

BREMERTON – Kitsap Gets Active, a coalition promoting physical activity and nutrition in Kitsap County, will be honoring Lisa Ballou, founder of Kitsap Tri-Babes, with its annual “Kitsap Gets Active Award”. Ms. Ballou is being honored for her outstanding leadership in helping women in our community live a healthy and active lifestyle.

Ms. Ballou will be recognized by the Kitsap Gets Active Coalition at the Kitsap County Board of Health meeting on Tuesday September 9, 2008, at 11:20 a.m. The meeting will take place at the Norm Dicks Government Center, First Floor Meeting Room, 345 6th Street, in Bremerton.

Ms. Ballou’s enthusiasm for promoting a healthy lifestyle is demonstrated by her ongoing commitment to the Kitsap Tri-Babes. In the summer months, she trains a group of local women for a 12-week regimen of strength training, swimming, bicycling, and running in preparation for a sprint distance triathlon. She supports all fitness levels and encourages participants to focus on completing rather than competing. Her dedication to being physically active instills confidence in the women participants and helps them overcome life’s challenges.

For more information, contact Pat Degracia at (360) 337-5234.

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