



On tour for fitness

Kevin Saunders, a former Corpus Christi resident and a three-time Olympic wheelchair athlete, powers his wheelchair 10.4 miles along Ocean Drive and other streets Tuesday to highlight his Health and Fitness Tour of America, sponsored by HEST Fitness Products in an effort to battle the spread of obesity. Saunders lost the use of his legs in a 1981 Corpus Christi grain elevator explosion.

Obesity tour starts at home

Former Corpus Christi resident will travel country promoting health

BY LEANNE LIBBY
Caller-Times

Kevin Saunders wants city governments to trim the fat, and he's not talking about the budget.

Saunders, a former Corpus Christi resident who lost the use of his legs in a 1981 Corpus Christi grain elevator explosion, began his 50-state tour here Tuesday. He joined Mayor Loyd Neal on Wednesday in the City Council Chambers for a presentation and discussion about community efforts to combat obesity.

Saunders served on the President's Council on Physical Fitness and Sports under presidents George H. Bush and Bill Clinton. He is also a three-time Olympic wheelchair athlete.

"I battled obesity myself along with all my other injuries when

On the Web

Follow Kevin Saunders on his 50-state, 125-city tour to fight obesity.

www.healthandfitnesstour.com

I was in the hospital," Saunders said before the meeting. "Then, as I traveled around the country, I saw so many communities plagued by obesity."

According to the Texas Department of Health, 61 percent of Texas adults are overweight or obese.

Neal invited representatives from the public schools, universities, YMCA, YWCA and other health and fitness community members to discuss programs already in place. He also mentioned programs offered by the

Park and Recreation Department. Corpus Christi Independent School District superintendent Jesus Chavez, saying he was "feeling bold," offered a suggestion for the school districts.

"We have a finance accountability system and an assessment accountability system," he said. "Why not a fitness accountability system? We could compete against each other and we would all win."

Saunders presented Moody High School with an award for excellence in health and fitness education. The school was selected for its Health Science Academy program as well as its recent installation of fitness equipment for students and staff.

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