



# Commendation

*presented to*

**KEVIN SAUNDERS**

**FEBRUARY 17, 2004**

On behalf of the State of Hawai`i, I extend a warm welcome as you journey to Honolulu this April as part of your Health and Fitness Tour of America. I understand the tour will take you to 125 U.S. cities in a grassroots effort to encourage a healthier nation – one community at a time.

As a former Olympic wheelchair athlete, you served as a member of the President's Council on Physical Fitness and Sports under Presidents George H. Bush and Bill Clinton. Now you are bringing a message of inspiration and motivation to Hawai`i at a time when many Americans suffer from lifestyle-related diseases. Many of these serious conditions could be helped or prevented by following common-sense guidelines, such as eating a healthy diet, avoiding tobacco and excessive alcohol, getting sufficient sleep and following a regular exercise routine.

I commend you and all the other participants in this important health and fitness initiative, and offer my best wishes for a successful tour. Mahalo nui loa.

Aloha,

A handwritten signature in black ink, appearing to read "Linda Lingle".

LINDA LINGLE  
Governor, State of Hawai`i