

2007 STEPS COMMUNITY HEROES AWARDS PROGRAM
HELD ON JUNE 6, 2007 IN SEATTLE, WASHINGTON

OPENING REMARKS BY DR. ALYSSA EASTON, STEPS PROGRAM DIRECTOR
TRANSCRIPT OF VIDEO

ALYSSA EASTON: Thank you. And now before we begin our awards ceremony, I wanted to take just a few minutes to talk about the Heroes Award. The Steps Community Heroes Awards Program honors individuals who have made outstanding contributions to improve the health and well-being of their communities. This program was designed to acknowledge Steps Heroes who volunteered their time, talent, and expertise to make significant and sustainable contributions in school, work site, health care and community settings to make their communities a healthier place to live.

What makes someone a Steps hero? In our minds a hero is someone who does not give up until the goal is accomplished; does what's right regardless of personal consequences; does more than what other people expect of them; changes society for the better; commands the support and respect of others; and does not expect personal recognition for their efforts. It is these types of individuals who make communitywide change possible for healthier lifestyles for all Americans.

END OF SPEECH