

Len Saunders

www.lensaunders.com

Biography



Len Saunders

Len Saunders has been distinguished as a leader in the field of children's health and fitness for over 25 years. He has won awards at the local, state, and national levels for all his efforts to reduce childhood obesity. He has been a guest speaker at universities, as well as state and national conventions. In the late 1980's, Len served as a consultant to The President's Council On

Physical Fitness & Sports. Most recently, he became an American Heart Association expert spokesperson on the issue of childhood obesity and childhood fitness.

Len's contribution to children's fitness has literally reached millions of children and their parents. He has contributed articles to magazines such as Muscle & Fitness, as well as writing articles for Human Kinetics Publishing, the most respected publisher in the health and fitness industry. He has also written and consulted with Sports Illustrated For Kids magazine. Some of Len's articles have been used for nationally syndicated television shows on ABC-TV. Sports Illustrated has called Len "high spirited", while a quote from Ladies Home Journal says, "No one is more committed to building stronger kids than Lenny Saunders." Most recently, Len has been featured on such programs as Good Morning America and Good Day New York.

Programs

Len is best known for his innovative fitness programs, which include Project ACES, in which millions of children exercise simultaneously from all over the world on the first Wednesday in May. He is also known



30 years of keeping kids fit!

for creating PACES Day, in which tens of thousands of families exercise each weekend of the year. Most recently, he has created Exercise US, where American children exercise for 10 continuous hours. You can learn more about Len's work by visiting his web site.

Len is the author of 5 books, with his newest book just coming out called "Keeping Kids Fit."



www.keepingkidsfitbook.com