


Phil Lawler's Legacy

PE **Life**TM
*BUILDING HEALTHY STUDENT BODIES - ONE AT A TIME*SM

Phil's Testimonials

Our most memorable experience with Coach Lawler was during the 2008 NCHS summer baseball season. It was our son, Kevin's, first season of Varsity Summer ball. Coach Lawler came to many of the games and brought with him the most positive, sincere attitude you could imagine. He focused on helping the younger pitchers. After every inning he took each pitcher aside and gave anywhere from 5-45 minutes of advice. He stayed after games to reiterate and demonstrate technique. In the twelve years our son has been involved in baseball, my husband and I have never seen such a true dedication to coaching young people. Coach Lawler is one of those people that makes a lasting impact and truly changes lives. Our best to you as you retire. You will be missed but not forgotten.

Sincerely,

Becky Cox

I can count on one hand the number of people who have really touched my life. Phil Lawler is one of them. What is unique is that he inspired me, even though I had never personally met him face to face. His life force is so strong that it reached out and grabbed me via our phone and e-mail conversations.

After viewing the "Supersize Me" film and seeing Phil's interview, I knew he was someone I wanted to have as a speaker for our local physical education teachers. My first phone call with Phil lasted over 2 hours. I remember getting off the phone and thinking I had just talked to an amazing man. His knowledge and experiences were obviously impressive, but what really touched my soul was his passion. His love for his field and for children was heartwarming and contagious.

Since that conversation, I have sent 4 district teams to Naperville for training. They are now implementing pieces of the PE4life curriculum with hundreds of students in Michigan. In addition, his e-mails are sent to hundreds of teachers in Michigan helping them to continually improve their educational practices. This past fall, when I attended a Naperville training with a district team, I finally meet Phil in person. That meeting solidified all my feelings of admiration and awe. I was right! He is one amazing man.

Phil,

On behalf of the teachers and children in Michigan who have been touched by your programs and wisdom, I want to thank you from the bottom of my heart. I am so very blessed that our paths have crossed. You are and always will be my inspiration.

Beverly Littner Schroeder
Prevention Coordinator
Ottawa Area Intermediate School District

In the twenty plus years I have known Phil, he is one of the most dedicated, honest, and forthright individuals I have had the pleasure of being associated with. His devotion to family and needs of students and student/athletes is unsurpassed. Very few people are as dedicated to the game of high school baseball as Phil. His desire to help improve a student/athletes skill levels, understanding, and approach to the game is remarkable. His legacy will always be embedded in the minds of those who took the time to get to know him on and off the diamond.

Bill Naffziger

In 1962 two great professors in graduate school changed my way of thinking about physical education." It must be more than throwing the ball out and games." For the next 35 years I tried to make that a reality at Lake Park High School and encourage other schools to do the

same. What you have accomplished makes me a minor player in making physical fitness a way of life for today's youth.

I remember with fondness our many meetings together where we shared ideas and helped to change department chairmen into physical educators. All though I retired and left that circle of colleagues I have watched, heard and read about you with great pride. The things that you have accomplished make me proud to have been a colleague and a friend.

Bob Monken

Phil Lawler stands for all that is right about education. He is passionate, unselfish, dedicated and competent. His leadership and vision have helped to not only impact his students and his district but it has moved Naperville to the forefront of quality physical education delivery nation-wide. He has left an indelible imprint on our profession that will live on through the PE4life movement and the countless number of professionals who he has and continues to train. However, the role Phil has played in my professional life, as great as is has been, pales in comparison to how Phil has impacted my personal life.

As a fellow survivor of cancer Phil serves as an inspiration to me daily. I have heard it stated that sports builds character... this may be true, however, one thing I am certain of, having cancer does not build character, but reveals it. This has never been more evident than in the case of Phil Lawler. Through Phil's battle with this hideous disease he has demonstrated his continued passion and love for physical education, for his colleagues, and his family. I have yet to find a day, an hour, a minute that Phil did not have time for others, to be of service to others and to put them first. His constant quest for best practice in PE and helping others in that pursuit serves as example for all of us in the profession. Life is about being part of something bigger than ourselves and Phil understands that and lives that out through his role in the physical education profession.

His retirement from Naperville, I am sure has left a void, but he has and continues to exemplify what I try to teach my students everyday, "to make where you go better because you were there." He did that for years as a teacher and continues to do that today as a consultant for PE4life and in all that he does. His legacy continues to be written as we speak and I look forward to sharing with him the pursuit of fulfilling that legacy in the years to come.

In closing, though we live hundreds of miles apart it is important for him to realize he is never far from my thoughts and my prayers. I thank God for our path's crossing. I am better for it.

As a fellow survivor I ask that Phil continue to adhere to the words of Jimmy V... Don't Give Up, Don't Ever Give Up.

Your Friend,

Rick Schupbach

Phil Lawler is a hero for physical education. He has inspired many children and educators to take physical education to new heights. When I first met Phil in 1995, I consider it, "A forever moment," that gave me a new outlook and passion for our profession. Phil you will always be an icon for all us in physical education.

Terry Clarke York HS Elmhurst, IL

I first saw Phil Lawler in Washington DC.; it was a meeting regarding federal grants. The session was on the Supersize Me video. Phil talked about physical education and obesity of our children. It was the first time I had been in an audience with him as the speaker.

Our district sent Physical Education teachers to a training session at Naperville, IL for PE4life. This man understood and put into words what we all had been feeling for years. He made us feel important and that we were an integral part of children's development and well being. His passion ignited many of our colleagues (and especially me) to continue to advocate for our profession. The Carol M. White PEP grant is the major tool in making changes and having control over our programs, which he had a major hand in implementing. The PE4life book gave us step by step instructions on how to make changes in our programs and our thinking.

The best piece of written work regarding our profession is Phil's Blog on the Right Fighters. It is from his heart and it says everything that we all feel. It has lifted our Physical Education teachers' morale when things got tough.

The very best thing about Phil is how he makes you feel. He spends the time to visit with you each and every time you meet him. At the last Du Page Institute and PEP Resource Conference, he spent hours visiting with our staff and others he came in contact with during the day. He is from Iowa so we feel he pays special attention to us from the Iowa City School District.

What an honor for me to have met such a wonderful man. The direction he has given us not only professionally but personally is huge. He is a mentor, a wise leader and a visionary. I wake up some mornings, think about my work day and ask myself, 'what would Phil do?'

Sincerely,

Diane Delozier Lahr
Elementary Physical Education Teacher
PEP Grant Secondary Coordinator
Iowa City Community Schools

One night after a ball game at Central, Phil shared this with me.....

The Clues to Winning a Game with Bill...

1. Sometimes I must be willing to give the game away, in order to win it.
2. Action produces results even when we don't know exactly what we're doing.
3. Sometimes when I think I have my act together, I don't.
4. Rather than looking at what someone else can do, look at what I can do.
5. Sometimes it seems like we must give and give and continue to give in order to win the ball game.

Phil, I can never thank you enough for all the outstanding knowledge you gave my son, not only in Baseball but also in LIFE!

Eddie Sagen
McDonald's Corporation
Facilities & Systems

As a fellow physical education teacher and coach from 1971 through 2005, it was my distinct pleasure to meet Phil Lawler and the staff of Naperville in 2002 while attending the PE4life Academy. Our school district (Kingston City Schools) was the fortunate recipient of the PEP (Carol White) Grant that year and part of changing our districts physical education program was to look at new ideas that could meet our students' needs.

I would have definitely been considered "old school" when it came to my approach to physical education prior to my visit with Phil Lawler. As a career football coach, my focus was on traditional fitness and team oriented games and skill development. Keep in mind that I had

been teaching that way for 31 years, Phil was like watching the most brilliant sunrise you have ever seen break the horizon. Like me, he had been old school and he vividly and enthusiastically showed me that the "New PE" was what we should all be doing for kids to lead a healthy life after they leave school and enter adulthood.

When our group got back to Kingston, NY, we had a conference with the entire staff to talk about the new ideas we had encountered in Naperville. I had been known as a person that was somewhat stubborn, no to be truthful, downright stubborn with the way I did things. I was the last to speak at this conference and as I looked around the room I saw faces that said, well Rick will tell us this is all hogwash. When I told them about Phil Lawler and how he had truly opened my eyes to what physical education should really be all about, I also said that if there were anybody not willing to accept this new philosophy they should turn in their resignation on the way out the door.

Soon after my retirement in 2005, I was hired by an interactive fitness company called Sportwall as a Master Trainer. It has been my privilege to travel across this country and talk with the staffs about the "New PE" and I never fail to mention Phil Lawler and the program in Naperville. I often tell the "older" staff members that I coached for 35 years but I taught physical education for 3 years, my last 3 years after meeting Phil.

My congratulations to Phil, I am sure he has created many disciples like me who continue to spread his word. He is truly an inspiration and has impacted not just physical education teachers but our future generations.

Richard T. Clausi

Long before I had ever enjoyed a conversation with Phil his vision, passion for PE-learning-kids and life had impacted me. Who was he? I had to connect. Always open, always eager to share and exchange, I have cherished the opportunity to have many conversations with Phil – and to finally meet him in person several years ago. Ideas flew, sparking more interest and more conversations. I am constantly inspired to develop the sort of leadership and energy Phil shares with genuine pleasure. He mines the Internet, real field experience and new information – then shares it regularly for the purpose of helping us all make an active, fit and energetic difference in the lives of young people. I wish I could be there to join in the many who honor our friend, Phil Lawler.

**Judy Shasek
Exerlearning/FootGaming
invenTEAM**

Hey Phil,

You were the one that brought me back to teaching. I was so into high school, then you talked to me about junior high and getting back into education. You are an inspiration to all educators; you have provided so many opportunities to all!!

Sincerely,

Janice

Phil,

It is a time when education finds itself in much disarray. It is a time when the needs of children are too often pushed aside so that political considerations rule the day. It is and has been a time when the children of this nation desperately needed a champion.

To their good fortune, they have that champion in Phil Lawler. How fortunate they are to have someone in their corner who not only cares so passionately about their well being, but who

also has the skill and the expertise to develop programs, motivate his peers and to influence the policy makers.

Much of my own post-teaching career rests on the shoulders of Phil. His encouragement and his enthusiasm have motivated me to continue my efforts to advocate for children in a part of the country where poverty rules the day.

I owe him much that I can never repay, but just want to say how much I respect and admire him as a professional and how fortunate I am to be able to call him "friend."

There aren't many "one of a kind's" in this country; Count Phil Lawler as a "One of a Kind."

Our very best to you, my friend,

Joe and Dovey Herzog

Last night I got a call from Phil from the hospital, where he had just been released from a week of intensive care and the several invasive procedures it took to bring him back from a life threatening condition. I've known of Phil's ongoing medical condition for several years now, and the have been inspired and suspended in disbelief at the lightness and efficiency by which he responds to this extraordinary challenge. I think his first words when I returned his call last night, "What—did you stop praying for me?!" fairly sum it up, and "0No, Phil, the CF team didn't stop praying for you, and we're all looking forward to "having you around to pray for" for many years to come." Thanks for the inspiration you are to all of us, and best wishes going forward from all your friends a Cobalt Flux!

Personal and warm regards,

Ladd, for Cobalt Flux.

In 2002, Carbondale Community High School PE staff visited Phil and Paul's PE programs in Naperville. We were building a new school and wanted to get a better program in place. It was our first introduction to the "New PE" and we loved the idea of all of our students being active and having a chance to have a curriculum that could be assessed and not just subjective. The new technology, the club style workout rooms, the fun video games, and the adventure challenges were awesome. Phil and Paul were so excited about changing PE and helping others change their curriculum that by the time we left Naperville, we were all so motivated that we found ways to afford our changes by getting grants and community help. Now we have a better program and, of course, it still needs much improvement, but because of Phil and Paul, we were excited about PE again. It has changed my whole outlook on PE and has helped me get excited and motivated to keep improving our curriculum when I could just easily coast till retirement.

Thanks for sharing so much with us, motivating us to teach ALL students to be active, and inspiring us to never give up and to always reach for the moon. If you are determined enough, you will find a way to reach your goals.

Sincerely,

**Marla Boyer
CCHS PE**

It was August 2005. I was in Washington DC at the Office for Safe and Drug Free Schools Conference representing my school district Gateway Unified in Redding CA. It was hot and humid, I was tired, jet lagged and running late. The conference was to be opened up with a keynote address from Senator Hamilton of Indiana and seats were almost filled except for a few in the back. I sat down at a table with a handful of total strangers 3,000 miles from home. A gentleman approached me and asked if the seat next to me was available, I invited him to sit down. It was serendipity indeed for that gentleman introduced himself to me as Phil Lawler. We chatted about our programs; we were both presenting at the conference, Phil that

morning and me later that day. Phil sparked my interest like he does so well, and I decided to attend his presentation. Everything he spoke of was what I needed to hear. We were in agreement on everything philosophy, approach, everything. I needed more.

A few months later I was in Naperville Illinois to attend the PE4life Academy and was personally trained by Phil on the PE4life approach. The PE4life philosophy was similar to my own but it was Phil that really brought it all together for me. Phil had that "it" that I needed. Phil also introduced me to Mr. Paul Zientarski of Naperville Central High School, a true champion of our profession. After that it was on to Dallas to attend training at the Cooper Institute strongly suggested by Phil.

My avenue to becoming a practitioner of physical activity came through my first career, teaching special education. My methods were different than the traditional; my approach was the kinesthetic modality. The hallmark of my treatment model was emersion in movement regardless of the handicapping condition. Phil took an interest in this and said you need to read this book and get to know this guy. The book was Driven to Distraction and that guy was Dr. John Rate. About a year later I was in Cambridge Massachusetts meeting with Dr. John Rate another champion of the cause or revolution as Dr. Rate likes to call it.

I return to Naperville annually to attend and present at the Due Page Institute on Physical Education. This institute, again introduced to me by Phil, is the best of its kind. I am proud to be a part of it all.

In the battle against childhood obesity I am proud to be a soldier. Phil is a five star general. I still seek his advice often. Through his constant networking I am kept well informed. I am a better teacher, coach and person today because of Phil. I am so glad and thankful that seat was available on that hot August morning 3,000 miles from home.

Thank you Phil Lawler for all you have done for me and for so many others.

Matthew F. Disking
Director of Physical Education
Gateway Unified School District

Phil has been an inspiration to all of us who have had the privilege to know and learn from him. Even though he has had to contend with an ongoing health related struggle his commitment and dedication on behalf of our children has never faltered. We all owe him a debt of gratitude and our prayers and thoughts are with him during this time of personal challenge. Thank you Phil for all you've done and for being our collective voice as an advocate for children everywhere. With Appreciation, Richard Scoles Elmhurst School District 205

The legacy of a good person is measured in what they leave behind...not so much in terms of material items, but rather in terms of the influences, the changes and inspiration they've provided for others. In our profession, few, if any, have made the impact as much as Phil. Revolutionizing PE in terms of 'measured accountability' has propelled so many programs to success...and a greater acceptance among school boards and the educational community as a whole. I am / we are forever grateful - how lucky and how fortunate we all are!

Our school, our district in fact, is one of those unique programs that have flourished thru Phil's influence. However, without the resources, a most time consuming and admirable feat that Phil has orchestrated over the years, we would not be in the position we're in. I look forward to all the links, the contacts and the help - and they have served as discussion points for many in our profession.

We are fortunate, throughout Illinois, to have some very successful physical education programs that have 'turned a new paradigm' in thought leadership, decision support and most importantly, end result. Yet, I believe all of us can trace our accomplishments and can link our outcomes to Phil Lawler. How very special.

What a legacy to leave behind...as well as one for others to follow.

With greatest gratitude,

Scott A. Chovanec
Department Chair, Physical Education & Health
Maine East High School
IAHPERD 'Blue Ribbon' program

I met Phil at a conference many years ago – I believe it was the national AAHPERD Conference in Reno in 1998. We spent hours discussing the need for a new direction for physical education. Phil described himself as a “born-again physical educator” and I think that is a perfect description for him. Phil is passionate about what he believes in and does a wonderful job of promoting it across the country and really the world. That is what I think really sets Phil apart – that he’s not satisfied making a positive change for his students, he wants to help all students. And he works tirelessly to do so despite the obstacles that have confronted him through the years. I am proud to be Phil’s colleague and friend.

Scott Wikgren
Director
Health, Physical Education,
Recreation, and Dance Division
Human Kinetics

I had the opportunity to communicate with Phil Lawler for the past 2 years since my district received a PEP grant. I have been teaching PE in Elmhurst for 22 years and I heard about "Phil Lawler" and I read articles where "Phil Lawler" was quoted and I was well aware that "Phil Lawler" was the PE guru...not just for the Chicagoland area but for the nation!! What I did not know what how genuine Phil Lawler was as a person and as a professional.

When I was hired to take over the grant I emailed Phil asking for help (and guidance). He responded immediately and has never stopped. He has been so completely approachable and inspirational that I have been "wowed". I was expecting him to be too busy for me and to have "his people" get back to me. That has never happened. We have emailed, and talked on the phone and he even came (personally) to talk to my staff about PE4life and positive PE programs. He even went to lunch with us after he was finished with the workshop!!

There are many days that I wonder how he has had the energy and the commitment to continue to work with and inspire PE teachers across the US. I know he has been doing this (the advocacy piece) at least the 22 years I have been teaching, and has been sick for the last several years. He makes me want to be better...better at my job, better for kids, better as a person, and better for my school and my program. He inspires me and I am so glad I have had an opportunity to work with him and get to know him a little bit.

Kudos to Phil and Thank You for all he has done for us.

Paula Toomey
Elmhurst District 205

Phil and I had an interesting start; in fact, I was his very first exercise physiologist intern. I remember as I was getting my Masters Degree that I did not want the option of interning at cardiac rehab or personal training and I was struggling with what to do. I was sitting in my office and in the next room I heard this voice boom across TV about the new PE. When they mentioned it was happening in Naperville, IL; my ears immediately perked up. I wandered into the next room to discover the things this stranger was talking about was touching the very center of my core... fitness and wellness at SCHOOL, are you kidding me? The next day, I called and got this stranger Phil Lawler on the phone and asked him about his program. I told him I was getting my Masters Degree in Exercise Physiology and was wondering if I could

assist him with fitness testing or something. He hesitated only for a second and said "by any chance, how good are you with technology?" I replied "actually pretty good, my background is technology".. I could hear the excitement in his voice and he said "come on over." From there it was a whirlwind. The next thing I know, I am at the Naperville tech camp learning this Polar technology for his school. Tim McCord, Paul Z and all the boys were there laughing and harassing Phil how he could have possibly stumbled upon someone with my background. The relationship was formed and from there, I watched the Naperville 204 PE program morph into the leader in the nation. As I moved from an intern to an employee of Polar, Phil and I have stayed very good friends talk on a regular basis. I am honored to have him in my life. I spend a lot of time praying for Phil to recover from something that seems so wrong for him. He is motivation for all and his ability to take everything in stride is an amazing test to his character. Since the day I have met Phil, he has had one focus and one focus only; to improve the quality of lives of our children. God Bless you for all that you are Phil.

With love,

Tricia Sterland
Polar Electro, Inc.

I have been Phil's Athletic Trainer for 23 years now. I have had fewer shoulder problems to deal with than any Athletic Trainer in the country. He has turned me into a disciple of Tom House & with Phil's coaching Naperville Central has had the healthiest pitching staffs in the history of high school baseball. Phil has fought his diseases with the best attitude I have ever witnessed. He is the toughest & unluckiest friend I have. I feel privileged to call Phil Lawler my friend. Thank you Phil for all you have done for the youths of the world. God Bless you, Phil.

Bill Hughes, ATC.
Head Athletic Trainer / Physical Education Instructor
Naperville Central High School

"Coach Lawler taught me about 3 very important things:

- 1) How to always show up and give my best effort.
- 2) How to be a good teammate. (Responsibility)
- 3) How to be a good person.

I am luckier and wiser than words can express because of his efforts. I know there are many more just like me out there. Thanks, Coach!

Bill Stelle

Every novice coach should be able to mentor under someone like Phil. His knowledge of the game is only exceeded by his passion. Phil leads by example as he instructs young men in baseball and life. The two topics always go hand-in-hand. Thank you Phil for all you have done for high school baseball in Illinois.

Dan Hallahan

It was a chilly February day in 1999. For the first time in my professional career I was being given the opportunity to visit another physical education program to explore its workings. I had no clue what I was going to see and it seems funny to say this now, I had no idea who Phil Lawler was.

I remember that day just as if it occurred yesterday. Phil met me at 6:45 AM and "surprisingly" he dominated the conversation right from the beginning. But dominated would not be an accurate word. He talked, I listened, and he made me feel comfortable immediately. It was the teacher working his magic on a new student.

Phil, Paul Zientarski and I spent the better part of the day discussing what Naperville physical education was all about and how we could implement the same concepts into the PE program in Titusville, PA. Phil and I continued our talk long after the school day and finally the two of us closed Famous Dave's BBQ restaurant. Little did I know that on that February day, my life and the life of every student in the Titusville Area School District, would forever be changed for the better.

Mark Twain said, "Twenty years from now you will be more disappointed by the things you didn't do than the ones you did do." Using those words, we took the teachings of Phil Lawler and transformed our physical education program into what now serves as a model for others to follow. We use the example Phil set and "Pay It Forward" for others to improve their PE programs to benefit their students. We didn't take the safe route of staying the same. We explored, dreamed and discovered that our students could get healthier if our school district would take a chance and listen to Phil's teachings.

Scrolling ahead 10 years now I often think of that first meeting with Phil. I frequently tease him with nicknames I have given him like the "Pied Piper of PE" or the "Patron Saint of PE." But when I take time to think about Phil's legacy I think it best to liken him to Johnny Appleseed. Here is the description of Johnny Appleseed from Wikipedia. "Johnny Appleseed was an American pioneer nurseryman who introduced apple trees to large parts of Ohio, Indiana and Illinois. He became an American legend while still alive, largely because of his kind and generous ways, his great leadership in conservation, and the symbolic importance of apples."

Now, allow me to take poetic license and substitute Phil's name into this description and notice the similarities. "Phil Lawler is an American pioneer physical educator who introduced health related physical education to large parts of Illinois and the entire United States. He became an American legend while still alive, largely because of his kind and generous ways, his great leadership in the promotion of physical education and importance of physical education and PE4life in our American schools."

I believe that strangers are just friends waiting to happen. Phil and I are colleagues in the physical education world. Once upon a time we were strangers. Now, we are the best of friends. We talk...a lot. Well, maybe I should clarify that. Phil talks and I listen. But, he let's me get a word in now and then. My wife kids me whenever Phil's name comes up on the caller ID. She says that the two of us are like a couple of old ladies. I look forward to my phone ringing and knowing that if it is Phil I will be chatting about physical education and our families for the next sixty to ninety minutes. There are few things in life that are greater than having a good friend. I am proud to call Phil Lawler my friend.

"You shook Sinatra's hand," is a line in the movie *Ocean's Thirteen* that means your word is your bond. Phil, allow me to end this testimonial to you with this. I promise that I will continue to spread the gospel of PE4life. I promise that the cause of daily, quality PE will not falter. And I will do this because it is critical to the youth of our world. I will do this because you have been such a good friend and mentor to me. I will do this because I love you. And, I will do this because I shook Phil Lawler's hand.

God bless you my friend!

Tim McCord

I have been a friend of Phil's for over twenty years. This chance meeting happened because his sister, who lives in Grundy Center, Iowa, told me about what Phil was doing for Physical Education in the Chicago area. She said that he hosted a "little" PE workshop, each year and that I should speak at that. This "Little" workshop is the largest one day physical education workshop in the country.

From that first time that I met Phil and his dear friend, Paul, I have had the amazing good fortune of being in on an inner circle of futuristic thinking physical educators.

Phil Lawler is simply the most influential physical educator in the world. He has a power of persuasion that few individuals have been blessed with. He is a forward thinking individual. But it is his passion, his truth seeking, his love of people, his positive thoughts for everyone, and his belief in seeking out others to join him in moving to the future, that separates him from the ordinary. He never forgets his family and he never forgets his friends. Once you are a friend of Phil's, you are a friend for life.

I am also struck by the many, many friends that he has come to know and who love him. You don't just know Phil, you really know Phil. He lets you inside his mind and heart. I think that is why there will be people at this event, that have traveled a long way to honor him. He has traveled a long way for others throughout his life. When you are with him, you are really with him. His passionate conversations continue to inspire me and even haunt me. He will enlighten me on a host of topics and I can not think of a phone call I enjoy more. I never actually know what sparked the phone call or what was the heart of the conversation. It simply is that he has you inside his circle and you know it. And you love being in this world with this person. The world is a better place because of Phil Lawler. I am a better person because of Phil Lawler.

I can speak of his impact within the physical education profession. It is easy to speak about what he means to physical education. He is the leader. He is the real leader of this futuristic movement and everyone knows it. He is leading this movement and everyone else is trying to catch up. Just when you think you are up there with him, you find out, you aren't. He keeps moving and moving and moving forward. We all know that we need his leadership because it is real leadership. He is doing all that he can for all the right reasons. That is why so many incredible individuals have joined him and they come from every corner of the planet to seek his ideas. We all want to run a new thought by him, to see what he thinks. His thoughts count. His advice counts. His honesty counts. The fact is Phil Lawler and all that he is, really matters to those who know him.

Phil Lawler is simply the best there is and we all know it. We really do.

**Sincerely,
Beth Kirkpatrick
Grundy Center, Iowa**

There are many people who have 'thoughts' but there are few who really can make a difference.

In the 1990's as President of Wilson Sporting Goods, I looked at ways to "Get American Moving" and I looked at my roots, the world of physical education. It quickly became apparent one person, Phil Lawler, had the vision for a sleepy PE industry. Phil developed a new approach for PE, which while may have saved the jobs of many PE instructors in the USA, it will be remembered as the best way to overcome an American crisis, obesity.

Phil was way ahead of everyone else and was often criticized because he 'bucked' the norm. When we teamed up to make the PE4life dream a reality, Phil constantly came up with real solutions to issues in our schools and society and showed results which now have turned the heads of leaders in our country for both our government and the business world. Not only did kids in his programs become more active, healthier and not overweight, they actually improved their grades in school as well.

I often use the phrase there are 3 types of people in this world - People who make things happen, people who watch things happen, and people who wonder what happened. Phil Lawler was one of those who *made things happen*...but also converted so many with his passionate style from 'watchers' to his new approach. They are making it happen now too!

The PE world owes Phil a huge "thanks". More important, our society will be a much better place because of Phil Lawler.

**Jim Baugh
Founder, PE4life**

My name is Gayla Brockman and I am the Executive Director of the Menorah Legacy Foundation, a health care foundation in Kansas City, Missouri. Our mission is two-pronged with one arm dedicated to supporting programs that proactively improve health and wellness by fostering transformational change in individual or community behaviors. We call this focus Healthy for Life.

Although I first met Phil Lawler in person in March of 2005 when I spent a day in Naperville to learn about PE4life, I had heard of him from his brief appearance in Morgan Spurlock's 2004 movie *Super Size Me*. Upon meeting Phil in person, I felt an immediate connection to the man and the program to which he was so devoted and although I had no idea what lay in store, I knew the path ahead had changed profoundly and that Phil would play a role in that future.

In the following year I worked hard to convince the board members and donors of the Menorah Legacy Foundation that PE4life clearly met the criteria of the Foundation's Healthy for Life focus and was worthy of a significant investment. In May, 2005, the Menorah Legacy Foundation made its largest grant to date to help bring PE4life to the urban core of Kansas City.

As I suspected, Phil and I did cross and continue to cross paths and there was one visit that was particularly significant. In January of 2006, Phil had agreed to assess the fitness space at the Jewish Community Center in Overland Park, Kansas as a possible PE4life site in a community center setting. As I was driving to meet Phil I was captivated by an interview on NPR with Dr. Edward Hallowell discussing the book he co-authored with Dr. John Ratey *Delivered from Distraction*. While I was excited both about seeing Phil and beginning the discussion about expanding the reach of PE4life outside a school setting, I had a hard time pulling myself away from the interview. In fact, I had such a difficult time that once I arrived at the meeting, I had to share the interview with Phil and the others in attendance. Phil listened and with a big smile told me that Dr. John Ratey had contacted him recently asking if he could visit Madison and observe PE4life as part of his research for his next book which would be an exploration of the connection between exercise and the brain's performance. *Spark: The Revolutionary New Science of Exercise and the Brain*, released in 2008, is the product of Dr. Ratey's PE4life research. Following that meeting with Phil, the board and staff of the Jewish Community Center committed to creating a PE4life site in a community center and a successful grand opening followed in January of 2007 with the facility adding over 200 members in one day.

Since 2005, I have been among a select few who have loudly and proudly served as proponents of PE4life in Kansas City. While it has been nice to be aligned with such an impactful program, it is time for my voice to quiet down and others to be heard. On Thursday morning, January 22 my 17-year old daughter Gabby called to tell me that as she was driving to school she was listening to a program about physical education in schools on Kansas City's 96.5 the Buzz. A caller phoned in to talk about a program called . . . PE4life.

People are talking Phil.

May your spirit, energy and mind continue to grace us with your healthy presence. You are a gift to Kansas City and we are eternally grateful.

**All my best,
Gayla Brockman
Executive Director, Menorah Legacy Foundation**

Over the 15 years of my relationship with Phil Lawler, it has been my privilege to be associated with such a high level professional. His leadership and innovation around new P/E has created a new momentum in the country around physical education in schools. Our collaboration has only proved that his program works and the obesity rate in Naperville is 1/3 the national average and something our community can brag about in the midst of a national crisis of obesity.

Phil deserves all the accolades that have been bestowed on him and then some. He will always be seen as one of the true pioneers in this field. He has created a new vision, communicated it to countless others and launched a program that will continue for generations to come. We thank you, Phil, for your devotion, your leadership and your vision for without it our schools and our children would have truly lost out. Our best wishes for your future and our prayers are with you.

Vincent Bufalino, MD
President/CEO
Midwest Heart Specialists

Phil,

Let me start by thanking you for giving myself and thousands of other Physical Education Instructors the inspiration to realize that we are so much more than "gym" teachers. Not only America's youth (but other in many countries as well) have and will receive a higher degree of Quality of Life in the physical, emotional, and cognitive because of your vision and passion.

Personally I cannot thank you enough for your mentorship and most importantly your friendship. After 15 years in education I finally have figured out exactly the kind of teacher I need to be...One that inspires and that is because I have been inspired.

Thank you will never be enough because you are responsible for giving me a greater purpose than I could ever have imagined.

John Fiore
Naperville North High School
899 N. Mill St.
Naperville, IL 60563

Congrats! When a school district takes the time to honor a PE teacher you know their career must have had an unusually high incident rate of "crossing pathways" with all of its constituents and their commonly shared interests.

National stakeholders, Superintendents, Administrators, State and local School Boards, Parents, Staff and Children don't all come to those "intersections" with the same intentions, let alone at the same speeds.

What I do know, is that their paths do intersect ... and that there are precious moments which make a huge difference between impacts, near misses and harmoniously safe travel.

What an impact you have had at the intersections of your PE travels!

You should be very proud of the way you've negotiated those moments.

In some ways you've had to understand the very make, model and year of every traveler you've encountered so as to negotiate their personal world of the physical education experience.

In yet in other ways you've had a chance to reshape the good and bad of their experiences into a dream of what can be and more importantly, what can still be witnessed at your program @ Madison Junior High.

So I can't help but wonder ... years from now when a youngster, attending Madison for the first time, asks that million dollar question to his PE teacher,... is that "New PE Story" really true?

I hope his PE teacher smiles and points at the evidence he now gets to enjoy...

... that there once was a PE pioneer named Phil Lawler, who traveled down a road not yet on the Physical Education-GPS systems in this world;

... he carried a big axe to handle the rough cut he encountered along the way;

... he connected with all the necessary utilities to pull it off, so as to stand the test of time;

... he spent painstaking time making sure that history understood the difference between the correct way he carefully chose to blaze that trail;

... so that others may travel through their " intersections" of time and moments with clarity to understand the importance of his message.

A job well done.

Continue to Hit Home Runs when you face that curveball!

Sincerely,

Ron Muhitch
Wheaton Warrenville South PE Chair

It's so hard to put into words how it felt to work with Phil Lawler. I have no doubt that what he's done for physical education has had a profound effect on students and teachers alike. He's shown that physical education isn't just doing jumping jacks and push-ups and throwing a ball around. It's about being physically and mentally fit. It's about a life-long commitment to a healthy lifestyle - mind, body and spirit. The lessons Phil (and Paul Zientarski) taught me were invaluable. They believed in me and always made me feel like I was an important part of their team. I wish Phil all the best. He's truly an inspiration to us all.

Mary Hirth

Phil Lawler has had a profound impact on my life. Always passionate about fitness and with a degree in exercise science, I took a detour and spent the first nine years of my teaching career in science. Phil inspired me to take a huge leap of faith and make my mark on fitness by joining the ranks of physical education teachers. This is my first year teaching PE and I don't think I could have made it through without Phil. I left my school and a thriving anatomy program to become a first year teacher all over again. Even in the face of his own adversity this year, Phil has been there for me every step of the way. Phil, you have lifted my spirits so many times with your encouraging emails and wise advice. Thank you, Phil, for everything you have done and continue to do to transform physical education. You are an inspiration!

Amy Corner

Dear Dad,

I just want to take this opportunity to let you know how appreciative I am of the several ways in which you have and continue to affect my life. There really aren't many people in the world who can say that they are professionally inspired by a person who they also consider a wonderful friend and a loving father. From the very beginning you became the source of my professional inspiration. I can remember the days of studying at the University of Illinois when I watched a video of you beginning to spread the message of the "New PE". I still have the vision of you speaking while next to a student on a treadmill in my memory. I remember feeling more pride than ever in the profession that I had chosen as well as feeling empowered by the difference I could make. I knew that one day-maybe even ten years down the road, I wanted to find my way into the Naperville physical education program. With a lot of luck and maybe some hard work too I was given the opportunity of a lifetime. How funny is

it that I am here today not just living out my dream as a physical education teacher, but also adopting you as loving father and friend into my life. Thanks for all the wonderful conversation and great professional advice. Thanks for including me in your wealth of knowledge and networking and of course for spreading the message about the importance of activity for our children. Your work has made me so proud of what I do on a daily basis and has given me the opportunity to wake up each morning and do what I love. You inspire me to help others find joy in getting kids physically active and healthy.

Beyond the professional relationship that we share I too have a great pride in simply being a Lawler. I admire the closeness of our family and know that you and mom did amazing things to bring the family to where we are now. Each and every moment that we spend together is fun, comfortable and memorable. I thank you for always being a supportive parent for Todd and I. We'll never forget how you have always been there when we needed you most! (Whether it be solid marriage advice, a late parking ticket or the lack of a home to live in ☺) I have known from the beginning that we could always count on you and Mom to stand by us and help us if we needed you. Lastly, I must take this opportunity to thank you for being a shopaholic-even though we always give you a hard time about it. There are times that I may go just a tad overboard at the mall, but due to your example Todd thinks my spending sprees are minimal in comparison to yours (hahahah)!!! It's just another Lawler trait that I plan on continuing!

I love you as a father and appreciate all you have done for me as a professional,

Kathryn

I as a physical education professional must say that Phil and his professionalism has been one of the corner stones for the improvement in the physical education program within the Indianapolis Public Schools. As a PE teacher for a number of years, I was looking for something that showed someone actually cared about PE and what it meant to kids and schools. Back in early 2002, I came across information about Phil and his concepts. It made an impact that I immediately thought IPS needs to be like the PE4life philosophies that Phil embraces.

When writing for our first PEP grant in 2003, I included going to Naperville as part of our funding. When we were awarded our grant in 2004, my first thought was --yeh, we get to go to Naperville. Our "Naperville" team is still together and has made IPS one of the inner city school districts on the move for quality PE. We have evolved from a school district that had no professional development for 10 years for PE, to a district who has REQUIRED professional development six times a year for our 110 PE teachers.

We feel like we reached the top of the mountain to be able to be a part of the PE4life philosophy that Phil is such a huge part of.

Thank you Phil for making Indianapolis a better place to live.

Audrey Satterblom Indianapolis Public Schools Wellness Supervisor

Phil has been a tremendous role model for me as a young leader in our profession. He is a visionary who has provided a strong framework for what physical education should be... fitness based and beneficial for all students. Phil has been inspirational both personally and professionally. I look forward to working with Phil to continue to spread the "good news of new physical education"!

My Best!

David Perry Neuqua Valley High School Physical Education, Health, Driver Education Department Chair

Head Freshman Football Coach

As a member of the District 203 school board from 1993-2005, I had the opportunity to meet many fine teachers and staff members. One person who stood out was Phil Lawler. No one was more passionate or knowledgeable about their subject area than Phil. Every time he came before the school board to make a presentation he was informative and his commitment to his students was very evident. Phil was a crusader for the "new" physical education. Through his continued efforts the new curriculum was implemented and students not only improved their physical fitness but also helped improve their learning abilities in other academic subjects. Phil retired from District 203 but he did not stop being an advocate for the welfare of young people. Through PE4life he continues to educate community and educational leaders about the benefits of the "new" physical education.

I always enjoyed talking "shop" with Phil as I was a physical education teacher too. Whether it was at a basketball game or at the DuPage County Institute, Phil would always talk about his passion-wellness and kids. He was always enthusiastic and wanted to continually improve himself and the curriculum. The knowledge I gained from Phil helped me be a better teacher.

Through the years, Phil never wavered and remained committed to his belief that physical education was just as important as any other subject in the curriculum. And he was right. He provided the vision and leadership for his school and for the school district and was a source of inspiration for his students and teachers alike. A true pioneer in his field.

Phil, you have made a profound impact on the lives of so many young people in District 203 and through PE4life. You have dedicated your life so that your students and those around the world would become healthy, physically fit adults. You have succeeded on every level, truly a lifetime of achievement. Congratulations.

Thank you Phil. God Bless.

Tim Costello

Phil,

On behalf of Walk4Life, I want to thank you for all that you have done and continue to do in the physical education industry. Your love, compassion, drives, and motivation to help children and adults live healthier lifestyles helps drive us as a company to achieve the same. Though the bar you have set may never be reached by our organization, but know this, because of you, Walk4Life will never stop trying.

Phil, you are a true inspiration to all, and though it may not be said enough, we are truly grateful and blessed for every life you touch as it touches others ten fold. Whether it is a firm hand shake, a warming hug, or a laughing smile, you embody what life is about and I personally can not thank you enough for making me a better person.

Walk4Life is honored to be part of your life, your commitment, and your compassion to children; "Congratulations!"

:) always

Eric H. Carver Regional Sales Manager Walk4Life

Dear Phil,

You've been a joy and an inspiration! Thank you for the many ways you've contributed to our profession!

The first time we met was when Ron Brown was giving me the guided tour in my new office... I asked if there were co-ed classes for PE, and you told me that at Madison the boys and girls

were separated because it allowed each group to better perform their sport. My, how different the world is today!! Over the decades, you have researched, observed, and shared with us and the world at large the ways in which PE can be so much more meaningful!

Thanks so much for being a good friend over the years, and for being so thoughtful with sending me links to new information. You have so much going on! I appreciate your keeping Madison in mind as you come across good information.

I wish you all good things as you continue your journey.

Best wishes and blessings,



Pat Olinger

When I moved to the country several years ago, I relished the opportunity to build fence for my horses, create landscaping for the new house, plant a garden and flowers, cut and gather wood, build bird feeders - all of the tasks required to make life comfortable for my family and my animals. A by-product of these efforts was a growing appreciation of the finished product(s) unfolding before my eyes! I could actually see the results of my labors!

At the time I was enjoying this revelation, I was teaching Physical Education curriculum and administration courses at the college level. It was often very difficult to know if any of my teaching was producing results. Then, I had the opportunity to travel to Springfield, Illinois with Phil to testify at the State Board of Education about Physical Education waivers. That trip changes the remainder of my professional life!

I have always been an advocate for physical activity and have made exercise a regular part of every day for the past 35 - 40 years. But I learned very quickly that Phil speaks, acts, and lives to spread the word about how important being physically active is to every individual on earth! He is a master of crafting sound, research base arguments. Legislators, school administrators, school boards, physical educators, parents, and kids have learned that there is no alternative but to agree with Phil. His message is heartfelt, powerful, and inspiring!

His passion is contagious! It fostered a new personal commitment for me to take up his banner at the college level and inspire my students to adopt the PE4life program approach when they entered the profession. I incorporated the PE4life Manual in the graduate curriculum class that I taught; I adopted the "New PE" approach in the curriculum components of the undergraduate classes that I taught. And, lo and behold, I began to witness the fruits of my efforts (for the first time) in the actions of my students! Several students used the PE4life manuals after they graduated to begin new and exciting activities in their programs. They called me, asked me to visit - I was overwhelmed by watching these students create change which will impact their students and their schools for years to come!

And it started with you, Phil. Your commitment has created ripples which have affected programs worldwide in a very real way. The fruits of your passion are evident across the nation and you have mentored and inspired other crusaders who will bear the torch! Physical educators will lead the way to new and better methods of fostering learning among young people. Healthy habits will begin at an early age and perhaps we will see preventative medicine at work in our gymnasiums!

Thank you for your inspiration, your commitment, and your boundless energy! I am a better person and a better professional because of you!

Deb Wolf
Professor Emeritus, Eastern Illinois University

Dear Phil:

If physical education had an American Idol it would be you. Over the many years that I have known you, you have done more to publicize the importance of physical education than any person in the country.

Since I first met you many years ago, I have been impressed with your love of physical education and your great enthusiasm for creating the best possible programs for the youth in Naperville schools and the youth of our country. You were one of the pioneers in promoting physical activity for all and Fitness for Life.

I am sorry that I will miss the ceremony at which you will be saluted for all that you have done. My thoughts will be with you and the others who will gather to honor you.

We are indebted to you for all that you have accomplished. I look forward to continuing our regular e-mail correspondence and our phone calls to share ideas for improving our field.

I salute you on your special day.

Sincerely,



Chuck Corbin
Professor Emeritus
Arizona State University
Author—Fitness for Life

Dear Phil,

Thank You for coaching Ricky during his Naperville Little League Days.

Sincerely,

Bo & Rick Wozniak

The legacy of a good person is measured in what they leave behind...not so much in terms of material items, but rather in terms of the influences, the changes and inspiration they've provided for others. In our profession, few, if any, have made an impact as much as Phil. Revolutionizing PE in terms of 'measured accountability' has propelled so many programs to success...and a greater acceptance among school boards and the educational community as a whole. I am / we are forever grateful - how lucky and how fortunate we all are!

Our school, our district in fact, is one of those unique programs that have flourished thru Phil's influence. However, without the resources, a most time consuming and admirable feat that Phil has orchestrated over the years, we would not be in the position we're in. I look forward to all the links, the contacts and the help - and they have served as discussion points for many in our profession.

We are fortunate, throughout Illinois, to have some very successful physical education programs that have 'turned a new paradigm' in thought leadership, decision support and most importantly, end result. Yet, I believe all of us can trace our accomplishments and can link our outcomes to Phil Lawler. How very special.

What a legacy to leave behind...as well as one for others to follow.

With greatest gratitude.

Scott A. Chovanec
Department Chair, Physical Education & Health
Maine East High School
IAHPERD 'Blue Ribbon' program

Phil:

We've known each other for more than 20 years. I consider you one of my very best friends, Together we have worked hard and long at setting a new standard of PE in our district. Most times I took my leads from you. Therefore I also consider you a mentor. We now have a program in our schools we can both be proud of. We enjoyed a friendly competition to see who could top the other with something new or something else we learned. My spread sheet has me leading by 1 point. I'm sure yours tells a different story. I've told you before you have brought a great sense of pride to our profession while others have tried and continue to try to talk and look down at us. We both have traveled a long road together often wondering why others "**DIDN'T GET IT**". It seemed so obvious to us. Whether the nay Sayers came from within the district, the community, our state association and those connected with it, we stayed the course. We even found detractors at the national level. Through it all we persevered together. Fortunately we had each other to lean on, the mark of good friends. While we didn't agree on all things, there was little we disagreed on relative to what we thought was best for kids.

Phil your nick-name should be "Networking". You do this better than anyone else I know or have encountered in my life. Just mention your name around PE folks and they have all spoken to you directly, emailed you, heard you speak, or had direct contact with you. You have networked with people in all corners of the United States and over the last several years your influence has reached the corners of the globe as well.

I am often amazed at how fast time passes when I'm in your company. Whether it is sitting in my office, your home office, on the golf course, or even on a plane ride to Kansas City. I sit, listen and continue to learn from the vast knowledge you have acquired through your networking system.

I admire your enthusiasm and upbeat nature. You are always so positive even as you've had to face your illness. You are a class act, always the consummate gentleman and a great family man.

In short I'm glad we met and have worked together and I so very proud to call you friend.

Paul Zientarski

Phil,

You have been an inspiration to many people, myself being one of them. We have all greatly benefited from your unending enthusiasm and research for our profession. Your persistence in helping all students achieve a healthy body through physical activity and to understand the cognitive link has been and will be instrumental in the success and future success of many students. These are not just students in your community, but students around the world because you have given their teachers and administrators the tools for this to take place. I can see the Lord's work being done through you. Thanks for all you do!

Sincerely,

Donna Proctor
West Aurora High School

Phil,

Congratulations on your recognition day at Madison. You have given a tremendous amount of time energy and passion to your school, your district, your profession and to educators and students across the country.

Your service and dedication certainly are a model for all educator and coaches to emulate.

It is my honor to share a congratulatory note. I have enjoyed with respect working with you on ideas insofar as curriculum is concerned. I have also enjoyed competing "across the lines" on the diamond!

Congratulations on this recognition.

See you this spring!

Mark Lindo

As a new coordinator for Physical Education in Charleston County School District in South Carolina I was hoping to find someone that I could talk with about improving Physical Education for our children. I stumbled across the PE4Life website. I saw a blog done by a Phil Lawler. I thought why not try to get in touch with this guy and find out what he's got. I got Phil's telephone number and figured I would chance a phone call. Little did I know that when you talk to Phil you better have a good hour to give. After that first conversation and feeling that I was Phil's new best friend I knew that I was talking to the "Voice of New PE". I subsequently visited Naperville and saw first hand what Phil had described. I was able to convince two schools here in Charleston that there was a terrific Physical Education model in Naperville and that they should visit. I took the two schools to Naperville to be trained in PE4Life. Phil was a "little sick" at the time of our training and we were told he would only make a cameo appearance at the training. When he did show his cameo turned into a one- and a- half hour discourse on the value of Physical Education. He got stronger as the session progressed. Needless to say, Phil Lawler and PE4Life are what I have hung my entire reputation on here in Charleston. I could not have picked a better role model. Phil has changed the face of Physical Education in America and I am proud to be one of his disciples. He has made me proud to be a PE Teacher.

**Dave Spurlock
Phy. Ed., Athletics, Dr. Ed., ROTC**

I have worked with Phil for many years in the Illinois High School Baseball Coaches Association. He has been a great contributor to our organization and a man of high integrity. He is also a member of our hall of fame. He has also been the director of our summer baseball tournament and the author of our recruiting system newsletter. Phil has been an integral part of the IHSBCA.

TONY D'ANZA, IHSBCA BOARD MEMBER/HISTORIAN

Phil,

You have been an inspiration to all Physical Education students and instructors. I remember when I became department chair; I looked to you and your program as a model for myself and our program. You helped motivate me to understand no hurdle is too large. DuPage county's Physical Education programs have all benefited from your knowledge and motivation. Thank you Phil. Enjoy your day.

**Emily Mollet, Department Chair
Community High School Dist. 99-North**

Phil Lawler is my hero, my mentor, my role model, my inspiration, my barometer of success.

I have known him for many years, and he never ceases to amaze me. He has endless energy and infinite optimism.

Phil has single handedly contributed more than anyone else on earth to the physical education revolution. The man has a vision, and with support from an outstanding cast in Naperville and the surrounding area, he has changed how the world views physical education.

His charm and way with words has certainly helped his cause. But his power has been his passion for physical education and the health of children.

I love you Phil

Lisa

Dear Phil,

I am so pleased to learn that on February 2, 2009 you will be recognized for a Lifetime Achievement award by the Naperville School District. I am very sorry that I will not be able to attend that event due to other commitments, but I wanted to give you my heartiest congratulations!

You and I have had a passion for childhood fitness and obesity for many years. In fact, you became involved long before I did and have now established the standard for physical education programs in schools throughout this country. The results you have had with your PE4life program are legendary, but your leadership in developing, supervising, and monitoring this program has been the secret to its success.

Testing the fitness and body fat of the children in Texas has been shocking, particularly when compared with students in the Naperville School District. Without question, you have the best PE programs in America and you are considered the "dean" of PE teachers in this country!

It has been a pleasure and an honor to know you, and I want to not only congratulate you on this very prestigious honor, but also wish you good health and prosperity during this new year.

Warmest best wishes,

Kenneth H. Cooper, M.D., M.P.H.

The "New PE" is to physical education as oxygen is to me during a beautiful trail run. Without it I would be stuck on my door step unable to explore the world around me. Phil's involvement has brought the career I love and am passionate about into the forefront of education. The gift of nurturing our kids in physical education by providing a setting where everyone has the chance to develop an appreciation for life-long fitness, and of course growing more brain cells.

I think of the new words Phil has taught me during his plight for physical education; Exer-gaming, New PE, Healthy People 2010, National Health Homeland Defense, Small sided teams, Brain Gym, Fitnessgram, Jean Blaydes, Dr. Ratey, Dr. Cooper, Fitness Clubs (in schools), Adventure Education, Team building, Leadership, Heart Rate Monitor, Pedometer, PEP Grant, PE4Life and the list continues to grow.

Phil was key to my induction as a physical education department chair at Glenbard West. If you remember what "Gym Class" looked like 30 years ago you have seen what our program was. It was a shock to our staff and administration when we walked in the doors of Madison Jr. high for Phil Lawler's PE4Life Training. I spent 8 years observing the milestones Phil

achieved but until he stood in front of my staff members and administration and spoke to us (with the passion only Phil can bestow) on what injustices we have been showing our kids in physical education. Phil made it personal for everyone to take charge of what we have and created a physical education program we can be proud to say makes a difference in kids' lives forever.

Thank you Phil for sharing with us all, your passion for life and leading the fight for what you and many of us know is the most important thing we have. The ability to live in a physically and mentally fit world which we can help create thanks to your wonderful accomplishments around the world.

Keep Fighting Like Hell
Neil Duncan

Phil,

I have always enjoyed your enthusiasm for athletics and P.E. You were always the idea man on the baseball staff at Naperville North H. S. when we started 30 plus years ago. The drills and techniques and enthusiasm that you brought to the program have touched many players and students. I know that the world is a better place because of you.

Two weekends ago I took my son to a Notre Dame baseball camp in South Bend where Scott (Phil's son) is an assistant coach. I saw the spirit of Phil in Scott. He has the same enthusiasm and creative nature that shines through. That is a tribute to you and Denise. I know all of your children, and even your students, embody the "love for life" that you do. Thanks for all that you have done and will continue to do.

And finally, I want to thank you for being a great friend through our years in Naperville.

Respectfully Yours,

Paul Ryan
Naperville North H.S.

PE4life is so proud to be affiliated with Phil! His vision and passion are inspiration to us each day. On a personal note - there is not a person with a kinder heart and a more giving spirit. I am truly honored to work with and know Phil. This day could not be more deserved. Congratulations Phil! --

Carrie Gibson, PE4life

Phil is, and will always be, the 'face of PE4life.' It was Phil's unbridled enthusiasm, knowledge, and commitment to the health of students that motivated me to become involved with PE4life over 12 years ago. The result of Phil's infectious enthusiasm was that one more community, three school districts, and thousands of students were exposed to the benefits of regular exercise. It is impossible to measure the positive influence Phil has had on students and on adults. PE4life is a better organization due to Phil and all of us associated with PE4life have had our lives enriched by Phil. Thank you!

With sincere gratitude,
Greg Carlson, Chair of the Board