

## **ESTHER L. BUSH COMMUNITY PARTNER OF THE YEAR**

---

### **ESTHER L. BUSH COMMUNITY PARTNER OF THE YEAR**

#### **One on One Personal Training and Fitness**

One of Pittsburgh's hidden gems on the rise, we recognize One on One Personal Training & Fitness for the Esther L Bush Community Partner of the Year. This year, we held the first 60 Day Health Challenge in the Hill District where 10 churches and 300 people participated in weekly trainings, walks, and discussions to lead a healthier lifestyle. Charles Cook, owner of One on One Fitness, and his team of trainers and coordinators led the effort. With positive attitudes, compassion, and understanding, the One on One team coached and supported each and every participant's journey to healthier living. Their work these past few months is a true testament to their dedication to their community and to the physical and nutritional well-being of each and every one of us. During the challenge, a senior citizen began walking without a cane again, a family dedicated to ward off sweets and desserts, a man rediscovered his athletic abilities, and so much more. Each participant's story has left us inspired and motivated, and speechless at times. This could not have been done without Charles Cook, his amazing team, and each of their efforts that went above and beyond what we all had originally signed up for. Today, yesterday, tomorrow, and forever, we want to thank you for your dedication, your motivation, your energy and your enthusiasm as we award you with the Esther L. Bush Community Partner of the Year.

### **SPECIAL ACKNOWLEDGEMENT EMPLOYEE RESOURCE GROUPS**

*Nursing Inclusion Council, Tawana Smith*  
*Physician Inclusion Council at UPMC/PITT (PICUP)*  
*Jeanette South-Paul, M.D. , Joel Schuman, M.D.*  
*Health Pride, Dena Hofkosh, M.D.*  
*Diversity Leadership Network, Tonja Smith*  
*NAHSE Pittsburgh, LaJuana Fuller*  
*Minority Residents & Fellows, Sarah Abdulla, M.D.*

UPMC Center for  
**ENGAGEMENT AND INCLUSION**

FISCAL YEAR 2015 ANNUAL REPORT



**WE'RE ALL IN THIS  
TOGETHER**

Organizations Women Communities  
Churches Generations Youth  
Culture Race Synagogues  
Local Mosques LGBT  
Newcomers Faith  
Families Global Seniors  
Schools Veterans Men  
Children Disabilities Immigrants