

RESOLUTION NUMBER 378

Anika Porter

WHEREAS, we have been apprised that Anika Porter will be receiving an award from Grace Hill and her name will be placed on the Wall of Fame of the Grace Hill Women's Business Center; and

WHEREAS, Anika Porter, a St. Louis native and long-time Grace Hill advocate and Women's Business Center student, is married and a mother. A graduate of the St. Louis College of Health Careers, she is a master trainer with over 10,000 hours in training and teaching for the fitness industry. She opened her own business in 2007; and

WHEREAS, "Fitness with Anika" is a company with three distinct products. The first, Virtual Training, is a customized, individualized, and interactive program for all activity levels that guides the individual user step by step, through motivation, exercise, and healthy meal planning. The second is corporate fitness. She has taught group exercise for Monsanto, Anheuser Busch, U.S. Postal Service, St. Louis Public Schools, Ameren, Wachovia, Pfizer and Wells Fargo. The third product is the "Best Body Ever Tour 2010" which is local and country wide. They go into churches and other organizations for a one-day total body workout and a bonus seminar, "The Power of God, Technology and Weight Loss." This program was launched in January 2010. ; and

WHEREAS, "Fitness with Anika" opened the general session for the *St. Louis Business Journal* Women's conference at the Hyatt last month with a fitness warm-up and she did three post lunch workout routines for over 500 women. "Women participated with enthusiasm even in high heels and dress suits in the Hyatt Ballroom!" she said.

WHEREAS, Anika's connection with Grace Hill and the Women's Business Center is long and personal. Over time she had taken Quick Book, time management classes and "probably everything Grace Hill has to offer," she said. "It was during an entrepreneurial training class through the WBC that I met Arthur, now my husband. He was the teacher and appreciated an eager student!" She has been a guest speaker at Grace Hill Next Level classes and was a speaker for Grace Hill at the national Association Women Business Owners (NAWBO); and

WHEREAS, Anika gives back to the community from her professional skills. She develops fitness programs for churches, and participated in an international fitness walk in Sierra Leone, West Africa. She organized a Fitness Challenge for the Minority Youth in Construction Program at Washington University and volunteers for many local fitness events.

NOW THEREFORE BE IT RESOLVED by the Board of Aldermen of the City of St. Louis that we pause in our deliberations to recognize Anika Porter for her outstanding achievement and we further direct the Clerk of this Board to spread a copy of this Resolution across the minutes of these proceedings and to prepare a commemorative copy to the end that it may be presented to our honoree at a time and place deemed appropriate by the Sponsor.

Introduced on the 12th day of March, 2010 by:

Honorable April Ford-Griffin, Alderwoman 5th Ward

Adopted this the 12th day of March, 2010 as attested by:

David W. Sweeney

Lewis E. Reed

Clerk, Board of Aldermen

President, Board of Aldermen