The Nassau Zone is proud to recognize Alyson Lamonte as their 2013 Amazing Person. Alyson received her bachelor of science degree in physical education from Saint Francis College and her master of arts degree in exercise physiology from Adelphi University. She is an elementary physical education teacher at John F. Kennedy Elementary School in the Great Neck Public School District. Alyson is an active member of the Nassau Zone. She has served on the Nassau Zone Conference Committee, as the Conference Program Planner since 2010. She has also presented at Nassau Zone Conferences and is a member of the Nassau Zone Get Moving New York Committee. She has been the recipient of several district wide grants to initiate new physical education curriculum related to Fitness For Life, sports medicine, cardio & strength training, and lifetime activities. She incorporated pedometers, Speed Stacking, and Dance Dance Revolution. Alyson authored an article titled, The Acute Effects of the Induction Phase of the Atkin’s Diet on Exercise Performance in Active Young Adults. The article was published in the Medicine & Science in Sports and Exercise which is the official journal of the American College of Sports Medicine. She was also the first physical education major to receive the Medal of Excellence in Education at St. Francis College. It is with great pleasure that the Nassau Zone recognizes Alyson Lamonte as their 2013 Amazing Person.