



Wellness Committee Meeting Agenda January 5, 2017: 3:45pm-4:45pm



2016 Summary of Events to Date

1. **Wellness Committee Recurring Appointment:**
1st Thursday of each Month; 3:45pm-4:45pm
2. **Wellness Fund Investment:** \$25,000
3. **Wellness Program Name:** "Healthy Tiger Nation"
4. **Wellness Program Logo:** Complete; with EmbroiderMe (Ken Grodek)
5. **Wellness District Web Page,** Carla updates district web site wellness page; link is off home page, <http://www.chuh.org/HealthyTigerNation.aspx> Flu shot flyer, newsletter, food demos, health fairs, etc.
Mission Statement, complete 7/8/14
"To encourage and support the health and well-being of our Tiger Nation by promoting a healthier lifestyle long-term and making healthy living fun."

Topics To Discuss:

Attendees: Amber (Chapman), Bob R., Sohail (anytime fitness), Joan Webster, Mary Anderson, Bob Swaggard

1. Wellness Fund/ Budget
 - a. All invoices & receipts sent to MMO for reimbursement by Amber- NO confirmation from MMO
 - b. Chapman to Invoice for 42 Days to see the USA gift cards-
 - i. - Amber sent invoice in December...status?- **Should have been paid**
 - c. Anticipated expense: Wellness fund will support the February Staff breakfast for the staff development meeting = about \$3600
 - d. New Fitbit order: 85, so order 100? Quote at about \$8,600- **Bob to finalize purchase**
2. Debra Hymer – Healthy Grocery Shopping date Set for 1/14 & 1/22.
 - a. Flyer & sign up were sent out. Response? **Only 2 people signed up for the 1/14 shopping trip. Will cancel the 1/22 if no interest. Amber will contact Ded Hymer. Bob will send out reminder.**
3. Holiday Weight Maintenance Challenge –
 - a. Weigh outs will be held 1/9/17-1/13/17 at Nurses offices- **Amber sent reminder to Bob and Nurses, Bob will send reminder to employees**
 - b. Nurses will let Amber know who maintained or lost weight- **Will win \$20 Heinen's gift card**
 - c. Results to be final by 1/20/17?
4. American Heart Association Blood Pressure program – Bob & Nurses to manage: kick off in February 2017. **Will run for 4 months**
5. Vendors:
 - a. Yoga- Instructor reached out to see if we wanted to plan anything. Thoughts?
 - i. Create a yoga survey for 2017- Amber can create if committee wants to distribute- **Possibly hold class at middle school. Amber can contact vendor when school is ready**
 - b. Anytime Fitness: Sohail attending meeting to speak. **Sohail will send us info on his 90 day challenge and**

available discounted rates. Sohial also discussed their ability to hold fitness assessments, "field days", personal training and more.

- c. Peerfit- Keeping on the backburner until February to see extended gym offerings.

6. Newsletter?

- a. Had not been completed in a few months
- b. Amber filled in for December- drafted January
- c. Who would like to champion? **Amber will continue to complete the newsletter for CHUH**

7. Plan for Step it Up Challenge- Aim for March & April- **Will finalize details in February**

- a. Tracking Platform- **Moveband** (deactivating unused accounts)- only a few emailed they wanted their account
- b. 35 employee accounts removed & now open- Will "officially" kick them off once we start new challenge
- c. Devices- Moveband or Fitbit (or any from list of acceptable devices)
- d. Do a "tiered" Challenge for those who are fit and not: 10,000 steps a day ; couch to 5k, runners: **Employees will sign up what fitness level they are (advanced, intermediate, beginner) and Amber will sort into teams**
 - i. Amber can assist in the creation of flyers, no pre-made available from Chapman
 - ii. DHS has some challenges we can look into
 - iii. Planning steps- Using Movband portal: Duration? **8 Week Stepping Challenge**
 - iv. **Teams? Individual?**
 - v. **Activity based prize? Participation prize? Both prizes are the best way to get people to participate**
 - vi. **Mini Challenges? Will sprinkle in mini challenges for prizes throughout challenge. Example: This week whichever team walks the most gets \$10 gift cards, etc**
 - vii. **Champion to lead program? Will determine the CHUH leader at February meeting, when more people attend**

8. Open Discussion:

- **Hold mindfulness/yoga classes concentrating on stress relief**
- **Possibly hold a cooking class**
- **Organize an intramural league or field day with game for staff that any fitness level could play (possibly combine with end of year mini health fair?)**
- **Amber to send over 30 Day Stress Management Calendar**

Tentative Upcoming Wellness Calendar (2016-2017 School Year):

- a. January: Confirm 12 months of health topics for newsletter; establish calendar year of events; look for staff teams to sponsor
 - i.e. bowling, softball, basketball, volleyball, etc.
- b. February: *Onsite Classes*
- c. March/April: Onsite Classes; Special Olympics sponsorship
- d. May: Ride Your Bike to School promotion
- e. May: End of year mini health fair, staff appreciation health fair
- f. June: Schedule summer wellness meetings (no school); plan for August health screenings and health fair.
- g. Spring: Step it Up Challenge