

Meeting Notes 6/22/10

Juniata College
Wellness Committee
June 22, 2010 11:00am
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Cady Kyle	Diane Ross	Wanda Lightner	Deb Kirchhof-Glazier
Andrea Smith	Steph Turner	Joanne Krugh	Jo Ann Isenberg
Barb Williams	Doreen Mills	Cindy Gibboney	

The meeting was called to order and the committee was presented with the following agenda:

1. Discuss Old Business
2. New Business

The committee discussed the following old business:

- **Aerobics classes:** They are still going well. They are still doing two sessions a day, at 12:00 and 4:00 p.m. Attendance has gotten a little lower, but that was expected for the summer months. Jo Ann mentioned that a student was interested in teaching the class; however, the student is not certified, and we are required to have a certified instructor for any JC sponsored activity.
- **Weight Watchers:** Current session of Weight Watchers will run through July 8th. A new session will begin immediately on July 29th. This will be a 7-week session that will take us through to September 9th. The cost is \$77/person. We currently have 22 lifetime members and one more in maintenance.
- **2010 Huntingdon County Fitness Challenge:** The 2010 Challenge was opened up to local community businesses and organizations. New teams this year include: Beech Run Church, Southern Huntingdon Schools, Mount Union Relay for Life, Kistler Autistic Support and US Silica. They join Juniata, JC Blair, Mutual Benefit Group, and MERF Radio. Mutual Benefit Group is currently in the lead. Leaders are determined by calculating the average number of fitness points per person on each team.

- We are still planning on doing the Spring Field Day. Committee members should think of ideas for activities that will be suitable for all fitness levels.
- Walks to the Farmer's Market will be held on: June 24th sponsored by Juniata College, July 29th sponsored by Mutual Benefit Group, August 26th sponsored by JC Blair. Only 6 have signed up so far for the June walk.

The committee discussed the following new business:

- Upcoming Juniata Events:
 - The It's Not Too Hot To Walk, Really, 5K- This will be held on July 10th, with a rain date of July 17th. Participants will meet at the main entrance of Juniata College, across from the pond. There will be no cost to employees, family members, or friends. All participants will be asked to sign a waiver. Weight Watchers participants can earn a 5K charm and Wellness Rewards participants can earn points as well.
- Instead of a Field Day at CampusFest, as was previously discussed, we will instead do a Spring Track and Field Day that will take place of or kick off the JC Fitness Challenge. There will be field day activities at CampusFest, but they will not be Wellness Committee sponsored and will be on a smaller scale. Some of those activities will be: ladderball, volleyball, bean bag toss, and mini golf.
- A student assistant helped us revamp our Wellness Rewards log and our Fitness Challenge log. Committee members were emailed copies of those logs for their suggestions and critiques.

The next regularly scheduled meeting will take place on Tuesday, July 27, 2010 at 11:00am @ vLSC Rockwell Seminar Room. (NOTE CHANGE IN DAY/TIME).