

Meeting Notes 1/24/2012

Juniata College Wellness Committee

January 24, 2012; 11:00 am
VLSC Seminar Room

Committee Members Present:

Steph Turner	Dave Fusco	Betty McKim
JoAnn Isenberg	Andrea Smith	Penny Hooper Conway
Wanda Lightner	Gerald Kruse	

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

1. Discuss Old Business
 - a. Wellness Rewards – Ideas for new strategy next year.
 - i. Extra points (2 per month for sending log electronically) this section will be added to the 2012 log.
 - ii. Incentives for turning in logs every month on time (added prize above and beyond the wellness rewards prizes).
 - iii. Bonus points above 500 points – Participants should be allowed to continue to earn points and get prizes after reaching the 500 point mark.
 - iv. Prizes: The committee decided that Wellness Rewards Prizes should be only from local business. For example, if someone has 300 points they can get a gift certificate to any local business for \$30.00 (or split it up).
 - v. Health Risk Assessment—The Committee decided that for employees who participate in the HRA through Coresouce, they will earn a one time extra 25 points.
 - b. Weight Watchers: Starts tomorrow. There will be a laptop available there for people who want to check out the Juniata College Section on the Weight Watchers Website. Steph reported that she thinks as long as we keep 20 active members, we don't have to keep starting new sessions. Right now we have 18 confirmed.
 - c. Lunch and Learn: Betty is checking with Amy Swindel to see if she would be available to speak in February. They have been playing phone tag. If she is unable to do a lunch and learn Dave Fusco has agreed to do one on beginning to run.
 - d. CPR Classes – A class today and also another on February 2nd.
2. New Business

- a. Spring Fitness Challenge: committee members discussed ideas for the Juniata College Fitness Challenge. We talked about doing one event per month for 3 months (either February, March and April) or (March, April and May). One of the events will be a walk/run 5k (perhaps in conjunction with Dave Fusco's lunch and learn. Other suggestions were for a basketball shootoff/a volleyball game and a softball game.
- b. Upcoming events: JoAnn Isenberg talked about the Student Zumba Class she attended. She would like to see if the student instructor can move the class up to 5 p.m. She said the class was excellent. We are going to check into the liability issues of having employees attend.

The next Wellness Committee meeting will be February 28, 2012.