

Meeting Notes 3/25/09

Juniata College
Wellness Committee
March 25, 2009 1:00pm
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Doreen Mills	Dave Fusco	Jo Ann Isenberg
Wanda Lightner	Wendy Garlock	Steph Turner
Shya Erdman	Joanne Krugh	Cindy Gibboney Cady Kyle

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:

- Wellness Rewards: There are 93 participants so far in 2009. Quarterly statements will go out mid April after the forms have been received.
- Weight Watchers: New session will begin on April 8. This will be a 7 week session and there are 16 people registered for it.
- Health Risk Assessment: We will be carrying over the money budgeted for the screenings to the next fiscal year.
- Upcoming Lunch & Learns: The Gardening Lunch & Learn will take place on Monday, March 30th with Pam Kavanaugh presenting. There will be a "Couch Potato" Lunch & Learn tentatively scheduled for Thursday, April 30th. Presenters confirmed are Doug Smith and Carole Thompson who will be sharing tips to get started on a fitness regimen. We are still waiting to hear from Laurie McMinn.
- Get Movin' Fitness Challenge: There are 12 teams participating in the challenge; 101 employees total. "G-Unit" with team Captain Penny Hooper-Conway is in the lead for February with 37,435.25 points. This team has also shed the most pounds so far at 23.6. TJ Anderson is the individual in the lead with 13,085 points for the month of February. Team Captains need to report March team stats to Andrea

Smith at smitha@juniata.edu by April 10. Andrea will use the daily announcements to share the team(s) in the lead.

- Budget: We should come in on target to meet our 08/09 budget. We need to purchase more bags for the Health Fair, and between that order, the next two lunch and learns, and Weight Watchers reimbursements we will have used up our budget.
- Survey/Fitness Training- 96 Employees completed the Wellness Survey. There was a high interest in activities such as massage therapy, aerobics, water aerobics, Pilates, and yoga, with the most interest being Massage Therapy. Evenings appear to be the best time, with preferred days of Monday through Thursday. Half of the respondents were willing to pay \$0-\$5 per session. A comment shared was that an organizer, and a committed supported group may be all that was needed. The committee will:
 - Check to see if there is any liability with a Wellness Committee sponsored group reserving a room and working out to tapes or DVD's together.
 - Check to see if there are certified students who would be willing to teach yoga or aerobics.
 - If we bring an instructor in from the outside, we would probably require advance registration and payment for the sessions so there is group commitment and the instructor is guaranteed a certain level of reimbursement.
- Fitness Training: Andrea confirmed that we would be able to have a certified student trainer provide training on the machines in the gym. She is in the process of working on getting some training sessions set up.

The committee discussed the following new business:

Upcoming Wellness Events:

- Crossroads 5K Run/Walk: Saturday, March 28, 2009 9am (registration 7:30) at Flag Pole Hill
- Bud Shuster Run for your Life: 5K Run, 2m Run/Walk – Saturday, April 25, 2009 8am.
- Video Clip: Cady shared a video with the committee regarding IBC – Inflammatory Breast Cancer. The video included discussion of symptoms and warning signs, as well as the fact that it is a virtually unknown form of Breast Cancer. The committee discussed making the

video available to campus through the web, and sharing it through email announcements. There was also a suggestion that our September Lunch & Learn topic be Cancer Awareness, and that we could possibly show the video in this forum.

- Curves Promotion: Curves of Huntingdon would like to partner with the College to incentivize current members to return and new members to join. There would be no cost to the College. The \$199 sign up fee would be waived for all Juniata employees and spouses, and the monthly membership fee would be \$34/mo. If employees work out 12 times per month, they would receive one month free membership. The group felt that if there was no cost to the Wellness Program or the College we should support this initiative.

The next regularly scheduled meeting will take place on Wednesday, April 22, 2009 at 2:00pm @ vLSC Rockwell Seminar Room.