

Meeting Notes 5/25/10

Juniata College
Wellness Committee
May 25, 2010 11:00am
vLSC 1116 Rockwell Seminar Room

Committee Members Present:

Cady Kyle	Diane Ross	Wanda Lightner
Andrea Smith	Shya Erdman	Joanne Krugh
Barb Williams	Dave Fusco	

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 now doing two sessions a day, at 12:00 and 4:00 p.m. Approximately 5 or 6 people are attending each class.
- Weight Watchers: Current session of Weight Watchers will run through July 8th. A new session will begin immediately after, if we have the attendance.
- Wellness Rewards update: Andrea reported that there are 110 employees signed up for 2010 Wellness Rewards program. Currently, no one has cashed in any prizes.
- Get Fit Challenge: Penny Hooper Conway's team won the top prize at JC, and were rewarded with a Subway Healthy Lunch
- 2010 Huntingdon County Fitness Challenge: There are currently 52 participants. Westminster Woods and Mead Westvaco have decided not to participate this year. The 2010 Challenge will be opened up to local community businesses and organizations. They may visit Juniata or JC Blair website to obtain agreements, guidelines and logs. Juniata's forms are available at: http://www.juniata.edu/services/hresources/2010HuntingdonCountyFitnessChallenge_001.html. Each team will need a coordinator who will gather totals and get them to either Chris Gildea at JC Blair by the deadlines listed below.

Logs will be due to each team coordinator by: June 9, July 7, Aug 11, Sept 8. We will do our MERF spots at 8:30 am on: June 15, July 13, Aug 17, Sept 14.

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.

The committee discussed the following new business:

- Upcoming Events:
 - Dr. Miller 5K, 1mi run/walk, kids fun run- Monday, May 29
 - 4th Annual Tyrone 10K & 5K Run & 5K Walk- Saturday, June 5
 - Hollidaysburg YMCA July 4th Race-15K run, 5K run, 2 mi walk, Lollipop run- Downtown Altoona-8 a.m.- Sunday, July 4
 - 10K and 5K Race- The Sue Crowe Memorial 35th Annual Arts Festival 10K and 5K races will be held on Sunday morning, July 11, 2010, at 8:30 a.m. Race day headquarters will be Medlar Field at Lubrano Park, home of the State College Spikes.
- 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.
- Biometric Screening/HRA- looking into the possibility of partnering with JC Blair, if not, we will use Professional Health Services again. This will be done in October.

The next regularly scheduled meeting will take place on Tuesday, June 22, 2010 at 11:00am @ vLSC Rockwell Seminar Room. (NOTE CHANGE IN DAY/TIME).