

Wellness Committee Meeting Summary – August 6, 2013

Introductions:

The group introduced themselves to one another. Members present were; Tricia McGuire, Craig Clifton, J.R. Norman, Trent Oneal, Trena Rider, Jeff Wallick, Beau Waldrop, Janet Barton, Tony Tackitt and guest, Eric Novak

Defining Wellness:

Tricia presented a document from the National Wellness Institute which explained the Six Dimensions of Wellness, the Definition of Wellness and Applying Wellness. The committee reviewed and discussed the document. The discussion was based on the fact that WELLNESS is not limited to one concept.

Goals of the Committee??

The committee's purpose is to reach both employees and students through the presentation and discussion of wellness programs and events. All campuses should be included in wellness goals. Carter Fitness Center should be promoted through both students and staff.

TOPICS:

CFC Membership Plus:

Many fall fitness opportunities are offered for employees through this scholarship opportunity. New glucose and cholesterol screening is available. Employees may attend any CE or Academic class to work out. The Body Bug is \$6.50 per month while the Jillian Michaels band is \$4.00 per month. Nutritional counseling is a part of the CFC Membership Plus package in addition to personal training meetings after hours.

Monthly Themes:

The first theme, WELLNESS, will be published on September 9th. A subcommittee of four, Jeff, Trena, Tricia, and Janet was formed to decide parameters for the themes each month. The next meeting for the subcommittee is set for Sept. 3rd at 4:00pm. The themes are to be based on the Six Dimensions of Wellness. Beau suggested technology be included in the monthly themes to help make others aware of Aps for Wellness.

Publicity:

Wellness information may be shared through e-mail and flyers. General Assembly and the Resource Fair on Sept. 12th would be prime times to get wellness information to Students and Staff. Beau is planning to set up an AC Wellness Facebook page. Tricia thought departmental meetings might also be a way to share wellness information.

Semester Events:

Zombie Challenge...Fall Event: Friday, October 18th at 6:30pm. Committee members will dress up and be the medics at the event. The flyers and forms were discussed and corrections made to the shirt sizes and definition of community members. The committee agreed upon the ideas for the event. Drama Club students will be encouraged to participate as Zombies along with the SGA, Faculty and Staff. The committee agreed General Assembly and the Resource Fair would be a good time to encourage staff involvement.

Crossfit Games....Spring Event: Craig described the Cross Fit craze and the plans for the Sports and Exercise Science team to get on board. Cross Fit was defined and the idea for the Crossfit Games to be a spring event was discussed. Craig's idea was to do the games in conjunction with Badgerama and Spring Fling. The committee agreed the Crossfit Games would be a hit with the students.

Closing Thoughts:

Craig offered to be the treasurer and would look into charging for cholesterol and glucose screening each month. Trena offered to be secretary and send reports after meetings. The committee will also be adding a female SES major and a male SES major, Bryan Freeze. The SES department will soon have a campus club to support the wellness committee and fitness across campuses.