

Staywell Meeting Notes from 10/15

- Recap of 5K Trail Run & 1 Mile Fitness Walk
 - ~ Favorable article in Shelby Newspaper
 - ~ 180 runners, 100 walkers, 30 volunteers, sponsors, spectators
 - ~ Survey results reflected positive responses....ALL indicated they would participate next year
 - ~ 3rd Annual... Sept 27, 2009
 - ~ Suggestions for next year: more tables & closer count for t-shirt order

- Website with Staywell Information
 - Currently waiting for all of our information to be uploaded
 - It will include:
 - ~ Committee members
 - ~ Current programs with link to any forms/flyers/applications
 - ~ Wellness programs in place at individual schools
 - ~ Calendar of Staywell programs/activities
 - ~ Fitness Programs available to all schools
 - ~ 5K Trail Run & 1 Mile Fitness navigation link (up all year)

- Wellness Programs at each school
 - ~ Building Reps are continuing to send information about wellness programs in their individual schools
 - ~ Data beneficial for future negotiations and resource for other schools
 - ~ Information will be listed on Staywell website page

- Worksite Wellness Grants
 - ~ Applications with details have been provided to Building Representatives
 - ~ e-mail sent out to all members
 - ~ Deadline for applications is December 5
 - ~ Criteria needs to be developed (EX: Creativity....Number of members benefited by program)
 - ~ Committee needs to be selected to judge grants

- Maintain...Don't Gain
 - Purpose: Maintain Pre-Holiday weight
 - November 24 - January 9
 - ~ Staywell committee will develop program at next meeting on Monday, October 27

Staywell calendar:

October 28 - December 16

Zumba

November 24 - January 9
Maintain...Don't Gain

December 5
Worksite Wellness Grants due

January 9 - February 6, 2009
Biggest Loser

February
Go Red for Women

March 2 - March 30
Ultimate UEA Staywell Challenge

May 20
National Employee Health & Fitness Day

June
Staywell Survey sent to members

September 27, 2009
5K Trail Run & 1 or 2 Mile Fitness Walk