

**Bridge to Wellness
Meeting Minutes
October 13, 2015**

Members Present: Library- Beverly Rue; Finance – Ashley Lent; HRA – Lenelle Hrabik; Construction – Chris Edwardson; DECC – Annette Nemec; DAA – Kathy Carver; HR – Shannon Sweeney; Public Utilities – Mark Proulx; Street Maintenance – Doug Peterson; Police – Tony Radloff, Tom Stolee

1. Approval of Minutes

Motion: Ashley Lent
Seconded:
Motion passed: Approved

2. Move or Bust Challenge - Update

The Move or Bust Challenge has 52 new participants (while there are only 113, 52 of them are new to Daily Endorphin). Currently, it is a close contest between the City and County. There are only 9 employees who have not logged any minutes, which is an improvement from last year and even last challenge. All participants will receive t-shirt if City beats County.

3. Health Fair updates

a) Schedule of events:

Presentations will be taking place in Gooseberry 2 & 3, with assessments taking place in Gooseberry 1. See attached schedule for descriptions of presentation topics. Here is a reminder of what the CSS students are providing:

- i. **Functional assessments** will focus on lifting / carrying body mechanics and posture. Students can have an area set up for lifting, carrying, pushing / pulling if materials are available and also assess seated and standing posture. Recommendations can be provided for good body mechanics.
- ii. **Wellness assessments** will consist of Resting Heart Rate & Blood Pressure, Body Composition, Cardio-Respiratory endurance (3-min Step Test), Flexibility, ECG and Strength test. All information from this assessment will provide the participant with a baseline of their health, providing them with a comparison to other adults in their age group (and if they want further assistance with putting together a fitness plan, can talk to their wellness coordinator).

Demonstrations will be taking place in the registration/lobby area, including Yoga, Zumba and Cross-Fit. Demos will be 10-15minutes in length and participation is encouraged. Attached is the tentative schedule for the demonstrations.

The Exhibitor Hall will be open from 8am-3pm and there will be representatives from several different areas of health and well-being.

- b) Volunteer Schedule: The volunteer schedule was passed around and then emailed out. We are asking for volunteers to help at the Biometric screening table, Registration table or be an Exhibit Hall floater for anyone who has questions. Shifts are 2hours long, but any help is welcome and appreciated.

- c) Raffle Prizes: There have been several fabulous raffle prizes donated including gym memberships, gift cards to Target, Kwik Trip, and Whole Foods Coop and more. Participants will have to visit one booth in each of the following areas of wellness to be entered into the raffle: Nutrition, Physical, Financial, Environmental, Social & Other. The drawing for prizes will take place at the Health Fair, but participants do not need to wait around.
- d) A map of the venue will be provided for volunteers. Angel will email the vendors this coming week to confirm participation and eliminate any who have not confirmed.

4. Yoga on-site

Angel informed the committee that she is working with the YMCA to potentially offer on-site Yoga (at City Hall to begin with). Participants who are interested would likely have to purchase a punch-card, but details have not been finalized.

5. Wellness Days

October 26th from 6-7pm at the Duluth YMCA we will be offering Rock-Climbing. Limited to 20 participants, but FREE event, must RSVP with Angel to reserve spot.

Angel asked for some other Wellness Days ideas – feedback included:

- Cross-Country Skiing
- Fat-Biking
- Self-Defense
- Keep the ideas coming!! Thank you!

6. Next meeting is November 10th, 2015 at 2pm, location to be determined.