



Healthy Living Action Team Meeting

January 4, 2010

Minutes Taken by: Steffie Duginske

Attendance: Greg Duff, Abby Batten, Diana Manee, Rachel Smith, EJ Massie, Maria Caldwell, Steffie Duginske, Anita Wilkins

Old Business:

BMI

- Update about coordination with SHAC team/possible Healthy Living insert in the Mountaineer
- BMI link is now on website
- WIC – recipes are now online
- Power of Pink – approx. \$18,000 raised/raised over \$40,000 in four years

New Business:

Fitness Finder

- Will get final edits from Scot/Rec. & Park to help with final edits/Steffie to finish laying out/Need to get quote and time frame to printer to be done by beginning of Fitness Challenge

Fitness Challenge

- Connect with Greg about Tweets/Tweet Deck
- March 15, 16, 17, 18/8-7pm each day/Late Registration on 19th from 9-5
 - Monday 15th: Club 56
 - Tuesday 16th: Haywood Regional
 - Wednesday 17th: World Gym
 - Thursday 18th: Waynesville Recreation Center/KICKOFF
 - Friday 19th: HCHD /Late Registration
- April 20th: Midpoint/Healthy Taste of Haywood @ Haywood Regional/6-8pm
- May 11th: Grand Finale/Allens Creek/6-8
- Prizes at Kickoff
- Send evaluation to members to send recommendations/changes for this year
- \$10.00 still cost for 24 punch card
- Grand Finale Notes: alphabetize the names so line goes quicker
- Subcommittee: Panacea/January 15/10:00am/Greg/Jean/Rachel/Anita/Scot/EJ

Healthy Article of the Month:

- January/check on submission/Jean to write July

Inspiration of the Month

- Steffie to choose next winner/.call and interview

Healthy Tip of Month

- Steffie to send request each month to team members to promote things going on
- Put armory walking hours

Caught you being Healthy??

- Bud's new idea: Brainstorm new name
- Steffie to send blurb to team to be looking out for this
- Steffie to create generic certificates to also send to teams/individuals can hand out on their own
- Encourage to get picture/include need name idea in e-mail

Air Quality

- Need volunteers
- Training will be on 21st/EJ, Maria, Greg, Diana, Anita

Agency Updates

- Cooperative Extension - Jean: Eat Smart/Move More/Weigh Less/Classes for county employees and public/Beginning January 25th
- The Fitness Connection – Repairing from floods
- Glory Hound Events – Lake Logan Registration/Haymed Triathlon/Duathlon @ Lake Junaluska
- School Nurse/Maria – Finishing Flu clinic/vision clinic
- School Nurse/EJ – New after school running club @ Meadowbrook/Central Elem. Girls on the run/she is coaching
- Diana – Alternative to Suspension/teachers trained/All middle schools will do this/Working on getting it in the high schools/January 18th spit tobacco training
- Waynesville Recreation Center – New resolution program/volleyball and softball leagues starting for the spring
- Anita – 117 5th graders have seen the program so far/6 more schools left/MOMS on the move is new program soon to start