Wellness committee meeting 10/7/15

Attendees:

Tonkawa—Sara Hawkins, Audra Landers, Kirby Tickel-Hill

Enid—Julie Baggett, Jill Helmer, Bradley Jennings, Trent Misak, Peggy Roads

Stillwater—Cassie Firth, Steven Regier, Shila Rakey, Tanya Vaughn

**How is the best way to create programming that can be tracked for HLC?**

Take attendance of any events

Attendance and/or participation numbers at (or in) any activities.

Track progress, i.e. pounds lost in a weight loss challenge, percentage lost, BMI changes

**Upcoming events**

Weight Loss Challenges—Bradley informed the group that paperwork had been completed to pay the staff/faculty winners from last years, and hopes it will be in soon. Kirby told Bradley he needed to submit the ‘due date’ with the request for the funds. It was suggested that perhaps there could be some BCBS funds to help with programming.

5K run with NWOSU is coming up in the Spring

Discussed lunch and learn activities utilizing the resources and connections at NOC.

Julie Baggett discussed Fitness Assessments she has been part of in the past as well as the possibility of a Wellness Fair.

**Newsletter**

Sara Hawkins volunteered to take over the newsletter with support from the committee members who will write or submit articles. The committee agreed upon 5 newsletters per year; 2 each semester and one during the summer. It was suggested to look at OSU’s weekly newsletter and pull information or ideas from that.

**Intramurals**

Coach Howard is trying to build intramural teams with staff and faculty

**Upcoming Meetings**

Nov 17 will need to be moved to 1:00 pm for Stillwater

Feb 5, 2016 at 1230

April 15, 2016 at 1230

June 13, 2016 at 1230