Wellness Committee Meeting

November 17, 2015

1:00-1:45 pm

Dean Jennings provided an agenda to committee members prior to meeting time via email, and handed out hard copies in Enid during the meeting.

Meeting location was changed from President’s conference room in Enid to ZL 102 due to meeting conflicts.

1. Fit Bits—NOC now has 19 mini Fit Bits and 5 bracelet Fit Bits. Discussion over how to use the fitbits resulted in agreement that 19 mini’s would be available for all employees to check-out, and the 5 would be used as prizes for events that are TBA. Groups discussed allowing an 8 week or longer check-out period and requiring the recipient to utilize the NOC group Fit Bit app/forum to ensure use. Dean Jennings will create a criteria/check-out form for the Fit Bits and will send to the group for review. The Fit Bits will be checked out from one specific person on each campus that will be determined at a later date.
2. Weight Loss Challenge—fliers are in progress to advertise this event. Julie Baggett in Enid and Summer McClure in Enid will track participants progress. Discussed making this more than just a weight loss percentage challenge to allow more participation, and thoughts included adding a timed-mile and 1 minute sit up challenge as well. There will be individual winners, and the group discussed how to incorporate a team and campus winner as well. Teams will consist of 5 members, and there will be a percentage of weight loss winner. Dean Jennings will work on specifics of the team challenge and email it for approval.
3. 5K Events: There are several going on in Stillwater but the Tonkawa area is usually lacking. Tonkawa committee members discussed starting one in the spring and will look at the academic calendar and contact the city to start planning that one. There is an NOC-NWOSU 5K in Enid on 4/9/15.
4. OKC Marathon is 4/24/15. Discussed making it a campus challenge via relay race or entire race. The team with the lowest time wins a traveling trophy to stay on the winning campus for a year. Dean Jennings will email out registration costs.
5. Newsletter—Weight loss flier and BCBS information will be sent in for the newsletter. Committee Members were asked to submit information as well.
6. Meeting Dates—Future meeting dates:

February 5, 2015

April 15, 2015

June 13, 2015

1. Open Table— Shannon Cranford discussed Catapult coming the first week in February 2016. BCBS will bring providers for metabolic panels, blood pressure, etc and send reports to your physician or help you find a pcp if you need one.

Dean Jennings asked if the committee would be open to having student representatives as the Enid SGA has expressed interest in participating. No one opposed.