



Grass Lake Community Wellness Initiative

Meeting August 17th, 2015

1. Introductions
2. Guest: Lori Kintz will meet with the coalition to collect information for the year 4 plan

Year 4 Intervention List to Date:

Intervention Name	Continuing/New	Request \$	Review	Captain
Outdoor Yoga in the Park	NEW	?		?
Adaptive Movement	Decided to wait till year 5			-----
Community Garden	NEW			The coalition was unsure who the champion would be. Joyce?
My Choice My Health	NEW	\$5,500?		Elaine
Stress Management	NEW	\$4,000?		?
Food For Friends	NEW	\$1,200		Matt
Library Fit Bit	NEW	\$3,600		Sue
Let Me Run	NEW	\$1,000?		Doug
Safe Routes to School	NEW	\$3,000?		Matt
Healthy Cooking Classes	CONTINUE	\$4,200	April Y2 (reviewed)	Sue
Farmer's Market	CONTINUE	\$19,000?	September	Diane
Sports/Trails/Parks	CONTINUE	\$30,000?	June (reviewed)	Jim
Fitness Coordinator	CONTINUE	\$12,000-\$20,000	August?	Doug
Senior Activities	CONTINUE	\$5,000	July (reviewed)	Joyce
Project Safe Graduation	CONTINUE	\$1,000	July (reviewed)	Mike
	Total So Far	\$97,500		



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3. Intervention Review for Year 3:

School Fitness Coordinator- Ben Hamilton:

- Coordinator will be responsible for making sure that four grade levels of Students at the elementary school participate in structured, aerobic activities two times per week for 30 minutes per session during times that are independent of recess and physical education times.
 - Will measure using participation rates, # of minutes of exercise daily, heart rate (resting and active), timing of “pacers” (measured running), and flexibility
- Middle School after-school program will be added that focuses on calisthenics, aerobics, walking, jogging and other sustained activities to increase the students’ heart rates and offer them praise toward self-confidence, while building an attraction toward physical activity.
 - Will measure by using pedometers, walking progress charts, nurse reports on heart rate and flexibility.
- Wellness Warrior of the Week
 - Each Friday, the elementary fitness coordinator, PE teacher, and health teacher get together and discuss students who have excelled in our classes and choose three "Wellness Warriors of the Week".
- Presidential Youth Fitness Testing
 - This year they will use Pacer, Mile Run, Mile Walk, Curl Up, Trunk Lift, Push Up, Pull Up, Arm Hang, Sit and Reach, and Shoulder Stretch to assess if students are in their target fitness zone
- Goal: 100% participation in grades 2-5, while attracting as many as possible to the Middle School afterschool program
- Budget: \$12,000

4. Update on Outdoor Yoga in the Park- Matt Pegouskie

5. Update on 5H marketing- Brainstorm ideas for CAC meeting

6. Other Agenda Items

- a. Pass around thank you card for Jim Porter for the coalition to sign

7. Announcements

8. Reminders:

- **Note – all draft intervention tables with budgets need to be ready by Sept. 1st.** Contact Matt (matt@5healthytowns.org) if you’d like help preparing the intervention table.
- **Next grant submission deadline August 7th**



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Upcoming meetings

September 21	-Intervention tables due Sept. 1 -Lori comes and coalition provided feedback on draft plan
October 19	Celebrate Y3 accomplishments
November 16	Review Farmers Market Intervention
December – no meeting	
January	Review Community Read