

Wellness Committee Dec. Meeting Minutes
Tuesday, December 11, 2018- 2:30 p.m. A122
Meeting called to order at 2:30 and ended at 3:10

December Test Anxiety & Meditation Event

Discussed this event would be held on Wednesday, December 12 with Leah Murphy and Greta Giese presenting the information on Test Anxiety & Meditation. Due to some scheduling conflicts, our outside Meditation contact, Melissa Remme, could not attend. Greta graciously volunteered to take her place! Committee discussed snacks. Morgan will purchase snacks and any left overs will be used for future events/prizes.

Live Healthy Northwest Iowa

Event will run Jan. 14 – March 22 with registration opening Dec. 3rd.

Live Healthy NORTHWEST IOWA will take place of a January event.

PLEASE send mini-challenge ideas to the committee as you think of them. Greta will send out the mini-challenges this year, but we welcome any and all ideas!

Examples of past mini challenges include: team exercises (team members gather to complete 25 squats together), water challenges (drink 80 oz. of water & how many days you hit this goal is how many times you are entered into the challenge), daily minutes of activity goals, healthy eating goals (tracked by servings of fruit/veggies, etc.).

It was brought up to have an indoor “recess day” during Live Healthy Northwest Iowa for those participating (as one of the mini-challenges) and those that attend are entered into that mini-challenge. ALL IDEAS ARE WELCOME! If you are holding some great ideas, please send them to the committee!

Spring 2019 Events

Office Ergonomics & Make Your Own Wrap **(February 13th or 20th)**

This event will be held in February and involve a Home Office Risk Development Representative presenting on Office Ergonomics and easy office workouts, stretches and relaxation exercises. We would pair this with a healthy lunch (make your own wrap) offered to staff and faculty that participate. We will require an RSVP for this!

Spring Scavenger Hunt

Start brainstorming ideas for a Wellness themed scavenger hunt! Our goal is to have all details in place by February and begin this late March/early April 2019. The idea is to have a weekly hunt over a time period of about 4-6 weeks!

Our next meeting will be a 1-hour session to come up with the scavenger hunt clues and layout.

Brandi came up with the name “Hop into Fitness”.

The goal of this activity is to promote health/wellness while encouraging Staff/Faculty/Students to get up and explore campus areas they normally would not. This will also encourage making new connections!

Other Items

Employee Water Machine

Discussion from Nov Meeting - (This would add the benefit for employees to have access to cold, filtered drinking water at no cost to them. Greta indicated that this service was just added to the LLRC East (replaced Culligan machine). The cost for the LLRC East water machine is \$80/month regardless of the amount of water used and includes service, etc.)

Morgan shared that she did some calculations and the WC budget would be able to cover this cost only if we scaled back on our offered events, prizes, etc.

There was discussion on the water/ice machine in the Cafeteria and would leaving this area unlocked, along with getting the word out, help solve this issue?

Mark Brown is looking into options at this time.

General Event Participation

Mark Brown brought to the table that, overall, event participation on campus seems to be down. There was discussion on the factors as to why this is happening. Is it simply needing the permission to go? Is it non-interest? Is it schedule conflicts? In general, how can we combat this?

Please send your thoughts & feedback on this topic to Mark.