



Wellness Committee Meeting Minutes

We are responsible for scheduling activities that promote wellness on campus. Health screening, flu shots, wellness-to-goes, wellness challenges are just a few.

April 21, 2015

Members present:

	Mark Bohnet
X	Sandy Bruns
X	Jennifer Dokter

X	Greta Giese
	Vicki Irwin
	Dee Kreykes
X	Pamela Lien

	Jan Snyder
X	Marilyn Stille
X	Jennifer Van Regenmorter
	Melanie Wynja

- **Activities**
 - *Live Healthy Iowa: Next year we will not be doing the mini-challenges that we offered this year and we will need to come up with some new ideas.*
 - *Mystery Challenge/Bingo - It was decided that we will do a bingo for summer*
- **Wellness To Go -**
 - *Dr Michels Eye Health - he did a great job and everyone who came really enjoyed it.*
 - *EAP - September 10*
 - *Tad Knobloch - Vicki talked to him and they will look at something in the fall.*
 - *There was discussion about the possibility of brining in a dentist - Marilyn will see if her husband would be willing to come in sometime in the fall.*
- **Other:**
 - *Bike to work week is May 11-15. Due to it being graduation week we will not be promoting this, this year. It is on Greta's list to organize a bike ride of the trail after work, but she has not had time yet to do so.*
 - *Jennifer and Greta will be heading to a Wellness Conference in a few weeks.*
 - *FitBit - Greta found out that we may be able to partner with FitBit and she will look into more details.*
 - *Wellness Wednesdays - it will be brought up Jan to find out if Executive Council would support making meetings on Wednesdays either walking meetings or standing meetings as a way to support wellness.*

Old business:

- **Wellness Fair Ideas - Greta received a list of ideas form Thunder Days survey that fit more into Wellness Fair Ideas. The list includes:**
 - **Having Auto do a car check for Winter/summer**
 - **Having Accounting students give advice about budgeting or taxes**
 - **Have a blood drive at the same time; do cholesterol checks**

- We also talked a lot about apps that are out there to assist with exercise. An idea was tossed out about having individuals set their own goals and if they meet it they would be eligible for a prize. Just a few that Greta found after the meeting were...
 - <http://www.pcmag.com/slideshow/story/292474/the-25-best-fitness-apps>
 - <http://greatist.com/fitness/best-health-fitness-apps>
 - <http://www.pcmag.com/article2/0,2817,2404445,00.asp>

Nothing was determined.

Next MEETING: **May 19**