

TEAM LIFE MEETING MINUTES

TL committee members: Kelly Falcone (chair), Lucy Nelson, Shawna Hearn, Terri Wallace, Jayne Conway, John Emerson, Scott Cathcart, Lacey Craft, Josie Silva

Topic

TEAM LIFE copy code is [53476](#)

Wednesday 7AM circuit training class: PLEASE LET YOUR DEPARTMENTS KNOW!!!! And please come to the workout!

Thursday WFC orientations: Kelly will send out a reminder. Lacey noted that it is strictly an orientation meant to help employees understand how to use the equipment and set-up a workout program. It is not a lead workout.

THANKSGIVING POKER WALK Thursday November 18th 12pm clock tower

- Shawna, Teri, Lucy in charge of flyer, set-up, information, lunch
- Need: 5 decks of different cards
- Lucy: food
- Scott: drinks
- Meet at clock tower at 12pm for instructions
 - Get pedometers from Jayne Conway for a giveaway to participants and they can track the number of steps (2,000 steps=1 mile). Need to ask Jayne if she has enough pedometers
- Make 5 groups, send each group to a different station first
- Stations:
 - Beginning clock tower (Kelly)
 1. Theater (?)
 2. WFC (?)
 3. Pool (Lacey)
 4. Arboretum (?)
 5. Top of steps at library (?)
 - End staff lounge for lunch (Lucy)
- Need a flyer for the event and need someone to be in charge of sending out information email and answering questions
- Prizes: Kelly has TEAM LIFE t-shirts, WFC workout towel, Mediteranean diet books. Scott has athletic apparel he can donate for prizes too
- Need someone at luncheon that KNOWS how to play poker ☺

SPRING 2011 TEAM LIFE EVENTS:

- Health Dimensions Health Fair was set for February 16th 2011, Move to week before???? Lucy Nelson will talk to Health Dimensions and set-up a new date.
 - John Emerson proposed a great set-up for 24 tables in courtyard of AA/ST. This area is better suited for Faculty/Staff.
 - Teri- Set-up sandwich boards with balloons to attract employees to the health fair
- BIGGEST LOSER in spring.
 - Sign-ups at health Fair
 - Monday morning weigh-in and weight loss meeting 7:30-8am
 - Need to find an available classroom
 - Wednesday morning workout 7-8am in G8
 - Need to check if G-8 is available
- Possibly add a P90X one month challenge? Still need to look into G8 availability and decide if it is something people would attend. Possibly change to a 3 week challenge and do it the first 3 weeks of March before spring break
 - Would include M-F, 5 days, workout following the P90X DVD's.

Spring 2011 NEWSLETTER

Kelly would like to have the spring newsletter completed PRIOR to the spring semester beginning. At next meeting have finalized dates for spring activities.

Lacey: include a small section of health information????

John: Include a small article on workplace ergonomics????

Next meeting Wednesday December 1st 8:15am SSC-35. Last meeting of the fall semester