

Recreation and Wellness

MINUTES

DATE: AUGUST 9, 2016

TIME: 1:30

LOCATION: REC CENTER
Conference Room

MEETING CALLED BY	John MacDonald, Administrator
TYPE OF MEETING	Monthly Meeting
PRESIDER	Kristine Kraft, Chair
NOTE TAKER	Linda Smith
ATTENDEES	<p>Members: John MacDonald, Kris Kraft, Kathern Sigal Papp, David Gordon, Trevon Burgins</p> <p>Absent with notice: Amanda Montemayor, Tony Ross, James Thomson, Marci Tomajko, Jeffrey Franks, Jaclyn Scarborough, Peggy Walchalk</p> <p>Other attendees: Annett Mitzel, Alma Olsen, Lisa Ritenour</p>
Agenda topics:	
1:30	CALL TO ORDER KRIS KRAFT
DISCUSSION	1. The chair called the meeting to order. She asked for additions to the agenda. There being none, the agenda was approved as distributed by unanimous consent.
WELCOME	
DISCUSSION	Kraft welcomed Linda Smith, assigned to assist the committee, and new GSG representative Trevon Burgins.
GOALS UPDATE KRIS KRAFT	
DISCUSSION	<p>It was brought to Kraft's attention that nutrition value on campus is a popular topic. There was discussion on the subject. The committee is not sure if there is much that can be done depending on the contract with Aramark. It was suggested that Aramark be asked to speak at one of the committee meetings. MacDonald indicated that he would reach out to Aramark's General Manager and invite him. It was also suggested that improving nutrition on campus be added as a committee goal.</p> <p>Goal #1: Olsen reported that she is working on entries to wellness website and Digest each month. She reaches out each month to gather information. It was noted that Meghan Meeker has been hired as a Social Media Specialist. It was agreed that it would be a good idea to invite Meeker to a committee meeting.</p> <p>Goal #2 (creating a tobacco/nicotine free campus) Kraft commented that this goal may be accomplished soon.</p>

	<p>Gordon updated the Committee on the progress of the health wellness program and integrating all UA clinics. The RFP is in progress to collaborate with a physicians group to do an analysis to evaluate efficiency.</p> <p>MacDonald reported that he is working on a pilot program with Parking Services and Summit Cycle on a bike share program. They are moving forward to provide bikes on campus this fall.</p> <p>Kraft will draft changes to the Recreation and Wellness Committee Goals for review at the next meeting.</p>
<p style="text-align: center;">UNIVERSITY COUNCIL UPDATE KRIS KRAFT</p>	
DISCUSSION	<p>The University Council meeting will take place Tuesday, September 13th from 3 to 5 in SU 312.</p>
<p style="text-align: center;">NEW BUSINESS</p>	
DISCUSSION	<p>Olsen introduced Lisa Ritenour who is a Wellness Coach. Ritenour informed the committee about the Wellness Wednesday program. She is working on health awareness campus wide.</p> <p>There was a brief discussion regarding meeting dates/times. It was decided that the committee will alternate between Mondays and Tuesday to try and capture better attendance.</p> <p>The meeting was adjourned at 2:30 p.m. by unanimous consent.</p>