

## Wellness Committee Meeting 9/4/2018

- Roll taken as committee members arrived (ITV to Stillwater was not operating, so their names are not listed). Those in attendance included:  
Suzi Brown, Scott Harmon, Brad Matson, Shannon Varner, Marie Head, Amber Chester, Todd Ging, Bradley Jennings, Charmaine Munro, Fritz Osell, Kathi Shamburg, Stephani Spurlock, Wendy O'Neill, Kristi Orr
- Kristi Orr opened the meeting with new business.
  1. Goals and Requirements of the Wellness Committee:  
There are no specific requirements for the Wellness Committee of which she has been aware, but its goal is to promote the health and wellness of faculty and staff (as opposed to students).
  2. Kristi suggested a "C2K" (couch to 5K) New Year's incentive. A motion was passed by Kathi Shamburg for a C2K plan culminating in 3 campus involvement in Stillwater's "Remember the 10" 10K, 5K, or 1 mile fun run on April 20, 2019. Bradley Jennings seconded the motion, and a vote was taken. The motion passed. Kristi emphasized the need for full committee support (i.e. with communication and marketing on all campuses) to make this endeavor successful. We also discussed making "team NOC" t-shirts. Bradley asked how many participants would define success, and at least 2 dozen would be our goal. Doing a "lead up/dry run" event in November (Turkey Trot) or December (Candy Cane Cash run) was also discussed to help build momentum. Kristi knew of a person who could do a professional development over the benefits of adding exercise to enhance your overall health, she will contact DeLisa Ging regarding that.
  3. Kristi inquired if there would be interest in having "active chairs" for faculty and staff. These chairs would be a significant expense (Kathi Shamburg researched and found these chairs could run about \$100 each), so funding would be an issue. We discussed applying for a grant and considered buying as many as we could afford and giving them away as prizes to those who participate in Wellness Committee events. Kristi offered to research interest, and Bradley suggested a survey to see which styles of chairs would be most popular.
- Meeting was adjourned.