

Wellness Committee meeting 2/9/12

Just a little late in getting this sent out. We kept the meeting short and simple. Mainly we discussed the Boys ReCharge Program. Mechelle is handling this. We are planning on doing this Tuesday/Thursday, 3:30-4:30, from March 20-???. She was going to send out sign-up sheets soon with the deadline to return them on March 3rd. The cost will be \$25.00 for each student to cover the cost of a water bottle, t-shirt for those who complete the program and daily snacks. She is having a hard time finding teachers to cover each day. We are going to ask Brenda about A+ students to lead each session, but we need adults to help monitor. Most teachers are out of career ladder hours, so would essentially be volunteer hours. We mentioned asking Nate Williams and Joe Parkhurst if they would help. If you know of any other teachers or want to help, let Mechelle know. Coach Gibbs and Nancy Engle said they would help but cannot commit to every Tuesday or Thursday.

We also talked about ways to keep people motivated in the Biggest Loser Competition. Janet and I are trying to review the food diaries and see if there are any good hints or meals. We thought about a guessing game at who is doing what strategies to win. We also could come up with healthy recipes/meal ideas/exercise programs people are trying and make into a cookbook/activity book for participants. Taste testing contest for healthiest food. Need to make end results of contest public. Maybe we could have a pep assembly to announce winners/teams.

Any other ideas or suggestions please let me know. If any of you have any prizes or know someone that could donate a prize for the top weekly winner, I would greatly appreciate it. Shelly's mom gave us a lot of Mary Kay. I am still waiting on Wal-Mart and Applebee's. I asked the first part of January and still waiting for an answer. I have left in my pile a Sutherland's gift card, Urich Auto Parts, 2 Clinton Aquatic Center passes, and all the Mary Kay stuff. I also still need prizes for the end for the most Reward Points and Activity and food diary winners. Let me know what you have. Thanks,

Megan