

Campus Life Task Force

Minutes – 11/28/06 2:30 p.m.

The Campus Life Task Force met on Tuesday, November 28, 2006 at 2:30 p.m. in room 210 of the Administration Building. Those present were Cindy Martin, Terry McEntire, Tina Porter, Kimberly Snyder, Lisa Bridges, Brett Watson and Stephen Matheny.

The committee critiqued the “Hoedown” held on November 10th. It was suggested that there be more promotion of the event in the future since less people attended this year. It was suggested that the order of events be changed to have more activity earlier in the program to get people more involved sooner. The date and timing of the event was discussed with no changes being recommended.

Cindy Martin, Brett Watson, and Cindy Moore attended wellness training on November 1, 2006 and received valuable information that can be used in the promotion of wellness on campus.

Discussion followed concerning the planning of Campus Life events for spring semester. The following items were suggested and discussed:

1. Sponsor an event similar to the Hoedown inviting employees as well as their families and/or students.
2. Sponsor something for Sports Day
3. Weight Watchers promotion (Cindy Martin will call for information.)
4. Birthday recognition
5. Calendars with employee photos
6. *Freshstart* smoking cessation program (need designated room and 20 people to attend)
7. Monthly play day (games, volleyball, basketball, badminton for faculty and staff)
8. Order five pedometers and two body fat calipers for faculty/staff use
9. Aerobics, yoga and/or weight training instruction for faculty and staff
10. Competitive walking program
11. Co-sponsor a health fair in March with SGA
12. Monthly wellness day which includes health information (*NC Health Smart* Program, *Freshstart* Program), activities, food demonstrations, possible prize/give-away for those who complete a questionnaire to discover what activities are requested.
13. Walking trail signs need to be replaced

After much discussion it was decided to plan the first of three wellness days for Tuesday, January 23, 2006 in the gym from 11:00 a.m. to 1:00 p.m. It was decided to include faculty, staff and students. Plans will be finalized at the next meeting after the holidays.

The next meeting of the committee was set for Tuesday, January 9th at 2:30 in the gym. The meeting adjourned at 3:30 p.m.

