

# **STAYWELL COMMITTEE MEETING**

**Wednesday, April 14, 2010**

**4:15 - 5:15 P.M.**

**Bigby Coffee (51185 VanDyke)**

**Attending:** Denise Hirschmann, Leslie Montgomery, Theresa Hasenauer, Erin Zacharski, Michelle Schimelfening, Shelly (Daude Chiropractic), Brian Vento, Nancy Smith, David Riley, Mike Sturm, Rose Varga

## **• Biggest Loser**

- 18 teams lost 519 pounds
- participants provided online survey
- 1<sup>st</sup> place – B2; 2<sup>nd</sup> Place Chubby Hubbies; 3<sup>rd</sup> Place – Fat Guys in Little Coats; 4<sup>th</sup> Place – Three Amigos

## **• Staywell Challenge March 22-April 25**

- 65 Teams – 195 participants
- 20 schools represented
- Top 4 schools with highest % of participants: Davis Jr. H., Oakbrook Elem., Walsh Elem., Wiley
- Each school received breakfast during the week of March 22
- Accumulating prizes (let Denise know if you have any to add)

## **• Race For the Cure - May 22**

- 3 ways to participate:
  1. Walk/Run on May 22
  2. Order a Team UEA 4-A-Cure t-shirt for \$10  
(order form sent in weekly emails & on website)
  3. Wear Team UEA 4-A-Cure t-shirt or pink on Friday, May 21
- contact Tami Clark for questions or to register
- buttons or bracelets will be considered next year

## **• NEHFD on May 19**

- Wednesday, May 19
  1. Wear appropriate fitness attire and athletic shoes to school
  2. “Put on your walking shoes”
  3. Get Your Students Moving
- If go to online link that day and provide name & school, will be entered into a prize drawing

- **End of Year Survey**

- link on [www.surveymonkey.com](http://www.surveymonkey.com)
- 10 questions...3-5 min. to take
- will be sent in email on Monday, May 24 and closed on Thursday, May 27
- if respond will have name entered in a drawing for gift certificates

- **Metropark passes** - March 26 - May 16

- 41 purchased
- next year include option at bottom of order form to donate \$1 to help promote wellness programs

- **New Staywell business cards**

- new UEA office
- new mission statement on back

- **Recognition Frames for Sponsors**

- Sharon made certificates to place in frames (Rose purchased)
- Purpose: to thank sponsors and raise community awareness of Staywell efforts
- Will divide up to personally deliver to businesses by Memorial Day

- **“Care” baskets & cards** sent from Staywell Committee to 4 schools possibly closing (almonds, lifesavers, variety of tea)

- **Completed suggestions from last meeting:**

- Staywell Bulletin Board at Central Office
- Flyer sent to building reps stating new mission statement and encouraging them to forward Staywell info. to All UCS employees
- In the News (internal page on website)

- **Roundtable**

- UPPA donated \$30 in gift certificates to use as prizes!
- David and Mike are going to check into the possibility of a direct link to Staywell website from the ULI.
- Facebook – Leslie and Theresa are going to find out more information about using it to inform others about Staywell programs
- “New look” to Staywell homepage shared. Businesses will fade across home page. Will still keep their information on internal page.
  - Yearly renewal will be \$100
  - New businesses will be \$150

**Next Meeting**  
**Wednesday, May 12**  
**Bigby Coffee**  
**4:15 – 5:00**

