

## **Staywell Meeting Minutes – October 27, 2008**

**Mission statement** agreed upon as stated in email sent by Nancy Smith.

“The mission of our UEA Staywell Committee is to encourage and support healthy lifestyle choices by offering our members diverse wellness programs, educational opportunities, and resources.” There were 14 responses and all agreed to proposed mission statement.

### **Maintain Don't Gain promotion-**

November 24- January 5

Start weight, middle weight, ending weight

Posters in buildings

Document needed with check-off's

Each RA in building to receive a recipe book found online. They can share it with their building while encouraging participation in the 'maintain, don't gain' promotion. There will be a link on our website to the Nevada website where the recipe book was found and members can use it as a resource.

Raffles will be given 1/2 way on Dec. 15<sup>th</sup>. We need someone to create the raffle tickets similar to the ones that were used in the Spring.

When members sign up for the promotion they will receive a healthy snack for participating : such as a package of peanuts (Marie Phillips will email nurse about peanut free schools)

Looking for a interesting graphic for the posters such as Mr. Peanut with a tape measure around his waist or him weighing in on a scale.

### **Staywell Website:**

Some discussion on the creation of link for businesses in the wellness field. Businesses could have a link on our website for a fee. More discussion on this later.

### **Grants:**

**Wellness Grant Criteria** will be shown as a rubric: Denise Hirschmann will create.

As discussed, the rubric will consist of the following:

30 pts. Originality and Creativeness

25 pts. Promotes healthy lifestyle choices

20 pts. Invested Time (frequency of activity/length of activity/timeframe of program)

15 pts. Application completion

10 pts. # of people benefiting from program

**Next meeting November 19<sup>th</sup> at 4:15 p.m.**