

Healthy Community Alliance Physical Activity Workgroup Meeting 5-19-17

Noon-1:15pm

NOTES

Present:

MaryAnne Pope, Delaware Planning Commission;
Melody Scoble, Westminster Village;
Kendra Zenisek, Ball State University;
Nicole Koontz, Ball State University
Derek Young, Ball State University
Jarren Mattingly, Hillcroft Services;
Steve Anderson, IU Health BMH Foundation Board
Kortney Zimmerman, Purdue Extension
John Disher, IU Health Ball Memorial Hospital

Discussion

Ball State University Adult Fitness Program

Nicole provided an overview of the Ball State University Adult Fitness Program, followed by questions from the group. Highlights:

website: www.bsu.edu/adultfitness

brochure: see it [here](#)

No physician referral is required, patients range from in their 30's to 102 years old.

Includes testing at the Human Performance Lab- non exercise tests like dexa scan, handgrip strength, etc. plus a maximal exercise test measuring VO2. Each person gets assigned a graduate student to develop a personalized exercise plan.

\$219 for first 6 months includes all testing fees. \$20 month thereafter.

Some cardiac patients participate, some diabetic patients participate.

75% make it through the first 6 months, and then testing is repeated.

Scholarships or low income assistance is currently not offered.

There is capacity for additional participants. Currently marketed primarily by word of mouth.

Possible Opportunity- marketing and financial support for resource limited participants

Discussion

Safe Routes to School- MaryAnne Pope

History- in past, MCS was able to obtain a grant to create 305 designated safe routes to each school, based on traffic, criminal data. Not a lot was done with the finished plans.

Following a community livability workshop, MaryAnne's office, working in conjunction with other groups and schools, created a fall bike to school event and a spring walk to school event in conjunction with

national walk to school program. This year, 5 of the 30 participating schools in Indiana were from Muncie.

Opportunity: more ownership by schools to make this a year round effort, core group of parents at each school needed as well. IDEA- routes given to parents on form, email pdf.

Group Activity- each person filled out a worksheet regarding physical activity audience influence in the areas of policy, environment and programming. See the results [here](#)

Discussion

BSU is promoting requiring students to learn about 'exercise as medicine'. Wish list- how to get more practicing physicians to prescribe exercise, talk about exercise as medicine?

Hillcroft would like to hire a recreational therapist. Wish list- daycare for staff; Dog day care- walking dogs on greenway.

Reference information:

HCA Physical Activity Goals:

Goal 1: Increase Physical Activity

- Increase the percentage of adults who meet the recommended amounts of physical activity per day.
- Increase the percentage of youth who meet the recommended amounts of physical activity per day.
- Increase the percent of individuals who maintain a healthy body weight
- Increase the proportion of trips made by walking.
- Increase the proportion of trips made by bicycling.

- Increase legislative, administrative and institutional policies for the built environment that enhance access to and availability of physical activity opportunities.

From our March meeting: "What are key concepts/messages to consider as Partners work to promote physical activity to their audiences?"

- The importance of a healthy lifestyle
- Use it or lose it (in sports training it's the [principle of reversibility](#))
- "Movement"
- Safety of movement- challenge yourself, not hurt yourself
- Everyday lifestyle- bits and pieces throughout the day
- Variety of physical activity is important
- Obese children

- Cardinal Greenway as a resource
- Walking is so easy for most people
- Daunting- thinking about starting, promoting movement
- Individualism- movement will be good for you, “you will feel better”
- Toolkits- materials
- At the Delaware County building, there’s a ‘use the stairs’ campaign notes calories burned
- Healthy also included rest, sleep, managing stress, feel good
- Physical activity starting point- 10 minute intervals throughout the day- don’t need to be the world’s best athlete- just a better you
- American Heart Association campaign slogan- Just Move
- Do we need to change the wording from physical activity to “active living”? In the roads and transportation world the term is “active transportation”
- Model, Practice, Change
- Partners offering community programming and assets related to Active Living (in no particular order, please let John know if your organizations has additional active living resources available to the community)
 - Ball State University Adult Fitness Program www.bsu.edu/adultfitness
 - City of Muncie Parks Dept. <http://www.cityofmuncie.com/parks-department-muncie.htm>
 - YMCA www.muncieymca.org
 - Cardinal Greenways www.cardinalgreenways.org
 - Blackford County YMCA <http://www.muncieymca.org/locations/blackford-county-ymca/>
 - Classes at Cornerstone Center for the Arts https://cornerstonearts.org/news/spring_six_week_classes1
 - Crossfit White River <http://crossfitwhiteriver.com/>
 - America Multisport <http://americamultisport.com/v6/>
 - Ross Center- sports facility, kids judo <https://www.facebook.com/RossCenterInc>

- Muncie Sportsplex <http://munciesportsplex.website.siplay.com/>
- Hartford City Parks Department <http://www.hartfordcity.net/parks-department/>
- Montpelier Parks <http://montpelier-indiana.com/parks/>
- Red Tail Land Conservancy <http://www.fortheland.org/>
- Boys and Girls Club of Muncie <http://www.bgcmuncie.org/>
- IU Health Ball Memorial Hospital “Be Well” program <http://iuhealth.org/ball-memorial/physical-therapy-rehabilitation/>
- IU Health Ball Memorial Fitness Center Classes http://iuhealth.org/images/bal-doc-upl/March_April_2017_Fitness_Class_Schedule.pdf

Adjourn

Next meeting:

July 21, Noon-1:15pm, BSU Alumni Center