

Healthy Community Alliance Physical Activity Workgroup Meeting 9-15-17

Noon-1:15pm

NOTES

Present:

MaryAnne Pope, Delaware Planning Commission;
Nicole Koontz, Ball State University
Derek Young, Ball State University
Matt Lewandowski, GA, Fisher Institute of Health and Well-Being
Allison Blake, GA, Fisher Institute of Health and Well-Being
Janelle Miles, Hillcroft Services
Dawn Oberly, Holy Trinity
Missy Wood, Lynd Place
Kayla Stanton, YMCA
Kelsey Snider
John Disher, IU Health Ball Memorial Hospital

Discussion

Missy Wood described how joining the Healthy Community Alliance was a catalyst for Lynd Place to start a walking club for residents and employees.

Dawn Oberly described the walking club at Holy Trinity Church and how it has evolved into a slower group and a faster group.

Kayla Stanton noted the YMCA was holding its Corporate Wellness Challenge starting October 9. Details here: [YMCA Corporate Wellness Challenge Information](#)

Marta Moody encouraged those interested in bike routes and walkways to share your thoughts with the Muncie-Delaware County Plan Commission by taking a short survey regarding planning and building. Take the survey here: <http://www.bikewalkplan.com/> Results will be shared at the end of October in a public meeting.

MaryAnn Pope noted that the new time change for the start of school (6:30am) made a Safe Routes to School sponsored walk more difficult because of darkness, so they are doing a walk FROM school on September 29th, 2:30pm. Also gathering for a walk to Northside Middle School at the Kennedy Library October 3rd at 7:45am. Contact Mary Ann Pope for more information. mapope@co.delaware.in.us

Nichole Koontz put a call out for teams to participate in the 2018 Heart Walk which will be held at Morrows Meadow on April 21, 2018. The event will feature a super hero theme. Contact Nichole Koontz for more information. nlkoontz@bsu.edu

Matt and Allison will be working on initiatives related to the Ball State University Healthy Lifestyle Center, a partnership with Ball Brothers Foundation, Meridian health Services, IU School of Medicine and IU Health Ball Memorial Hospital.

Group Activity- Attendees broke into two groups and worked on brainstorming ideas for an HCA Partner weight loss toolkit. John will share these ideas and those from a similar brainstorming session with the HCA Nutrition Workgroup in August.

Adjourn

Next meeting:

November 17, Noon-1:15pm, BSU Alumni Center