

**NUTRITION AND FITNESS TASK FORCE MEETING
MEETING MINUTES
March 22, 2006 – 11:00 A.M.**

MEMBERS PRESENT

Andy Ansola
Elyse Claprood
Marcia Bynoe
Ellen Feiler
Maude Heurtelou
Lori Kessler
Lynne Kunins
Melinda Lee
Brenda Marty-Jimenez
Aletha Pillion Fink
Wendy Siskin
Maryse Uriodain
Cathy Whitt
Ardith Wright

GUESTS

Elizabeth Arena
Suzette Fleischmann
Ruben Civil
Chris Armstrong

MEMBERS ABSENT

Shari Baer
Ann Chickowski
Raquel Cordoves
Michael De Lucca
Michelle Doldren
Yuri Feito
Gustavo Gonzales
Karen Grosby
Skip Johnston
Julie Kreafler
Shari Lieberman
Deborah Mulligan
Chester Pruitt
Laurie Sallarulo
Elly Zanin

STAFF PRESENT

Renée Podolsky
Michelle Smith

I. Welcome and Introductions; *Ardith Wright, Chair*

The Nutrition and Fitness Task Force was called to order by the Chair, Ardith Wright, at 11:09 a.m. Self introductions were made.

II. Approval of Minutes of February 22, 2005

The Chair requested a motion for approval of the February 22 Nutrition and Fitness Task Force meeting minutes.

MOTION by Renée Podolsky to “approve the minutes as submitted.”

MOTION SECOND by Ellen Feiler.

With all members present voting ‘aye’, the motion carried.

III. Commit 2B Fit Presentation; *Melinda Lee*

The Commit 2B Fit program was explained to the Task Force. Commit 2B Fit is a children's health initiative to encourage better nutrition and increased physical activity. Publix, Joe DiMaggio Children's Hospital, The Bank Atlantic Foundation, Broward County Public Schools, Jamba Juice, Vista Healthplans, and the Children's Service Council are all partners with the program.

The Commit 2B Fit program was implemented in 94 out of 150 public elementary schools in Broward County. Students receive an academic calendar which contains a section to journal daily food intake and physical activity. Charms are given as rewards and motivators for partaking. Each week that a student participates in the program, one 'Commit 2B Fit buck' is earned. These 'bucks' can be redeemed for one dollar that is then deposited into a savings account in the child's name. Over the course of one year, a child can earn up to 40 dollars. Other programs such as the Pied Piper Program and SPOGA were explained. The Pied Piper Program and SPOGA are implemented in the class room. With the Pied Piper Program, teachers play music and have the students march around the room. SPOGA (spunky, playful yoga) is a video that the teachers show at intervals throughout the day to either energize or calm the students, as needed. Commit 2B Fit promotes presenting exercise as play.

BEACON will air public service announcements related to the importance of nutrition and fitness and will begin airing segments of SPOGA. A nationally broadcasted television show "Connect With Kids" will spotlight the Commit 2B Fit program in an upcoming episode.

The Commit 2B Fit program is looking to develop a curriculum that can be applied and implemented in all grades (kindergarten through fifth.)

IV. Discuss Nutrition and Fitness Task Force Mission Statement, Slogan, and Logo; *Task Force*

The Task Force reviewed the Broward County Health Department's logo and slogan created by Ellen Feiler; "Catch the Wellness Wave." A Member suggested the Task Force adopt this slogan and logo.

MOTION by Renée Podolsky to "adopt the logo and slogan 'Catch the Wellness Wave' to be used by the Nutrition and Fitness Task Force.

MOTION SECOND by Lynne Kunins.

With all members present voting 'aye', the motion carried.

The Task Force reviewed the mission statement. A decision was made to change 'citizens' to 'people or persons' (as appropriate.)

V. Nutrition and Fitness Strategic Plan; *Task Force*

Renée briefed the Task Force on the work of the Nutrition and Fitness workgroup that met in early April. The workgroup revised and combined the previously developed Action Steps. The Task Force reviewed the revised Strategic Plan. The names of each agency currently completing activities were documented and progress on each item was added. Language was edited slightly.

VI. Other Business

The State of Florida has funding to send two youths (presumably teenagers) and a chaperone to Orlando to participate in a Nutrition and Fitness Summit. Upon return, the youths would be expected to serve as mentors to other young people, promoting healthy living. Those interested were instructed to contact Ellen Feiler, at 954-467-4807.

VII. Next Meeting Date

The next Nutrition and Fitness Task Force meeting was scheduled for April 26, 2006, 11:00 a.m. at the Broward County Health Department.

VIII. Adjournment

With no further business to discuss, the Chair motioned to adjourn at 12:16 p.m.