



## Obesity Prevention Task Force

Date: 3-1-13

Recorder: Lynn

Members Present: Tom Basten, Justine Bombei, Teri Hartzler, Sandra Johnson, Christina Nash, Kierstan Peck, Josh Riffel, Eric Turner, Greg Wertz, Lynn Fisher

| <b>Agenda Topic</b>                              | <b>Discussion</b>   | <b>Decision/People Following Up</b>   |
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| <p><b>Agency Updates</b></p>                     | <ul style="list-style-type: none"> <li>• “Run and Read” is a collaborative program between the Washington Community Y and the Washington Public Library for preschoolers. Preschoolers participate in physical activity at the Y and then walk to the library for story time. It will conclude in April.</li> <li>• The Fitness Fanatic program is ½ way completed. So far, 27 participants.</li> <li>• Tom informed us that the Lake Darling Opening event will be held in November</li> </ul> |   |
| <p><b>Coalition Questions and Discussion</b></p> | <ul style="list-style-type: none"> <li>• Strong Man Competition: Greg introduced a physical activity event that he and Shawn Loy, Mark Beatty, Josh Riffel, and Terry Hartzler would like to organize. It would include a weekend of</li> </ul>   | <p>Task force members agreed to support, endorse, and promote the Strong Man physical activity event.</p> |

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|  | <p>physical activities such as a 5 K run, a bike ride, &amp; Strong Man competition. It could possibly be held on Aug. 3<sup>rd</sup>. They are still seeking \$500.00 in funding for the Strong Man sanctioned event. The planners are all Obesity Prevention task force members and would like the task force's endorsement and support of this event.</p> <ul style="list-style-type: none"> <li>• Ainsworth Garden workday: the Ainsworth student-led garden will be "built" on Saturday, 3/23/13. Tentative time is 9 AM- 2 PM, with lunch provided. More details will be forthcoming. The Lincoln student- led garden workday is yet to be decided. We are finally building the gardens!</li> </ul> | <p>Send any suggestions for possible funding for the sanctioned Strong Man event to Greg Wertz at <a href="mailto:gwertz@optimaelifeservices.com">gwertz@optimaelifeservices.com</a></p> <p>Helping hands will be needed to help build the Ainsworth garden! Consider volunteering...It should be a lot of fun!</p> |
| <p><b>Year of the Trail Activities</b></p> | <p>The group identified and discussed a trail event for each month. Tom and Eric explained an event that will be held in Riverside on May 18<sup>th</sup>. The event will go all day, use the trail for a walk/run event, and have a Blues band in the evening. Tom spoke with Rusty Rogerson in Riverside and Rusty will keep us updated when more details are available. The Y is collaborating on the event, as well. Everyone agreed that we should participate in, promote, &amp; support this event. The team identified the calendar of trail events:</p>  |   |

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|---------------------------------|--|--|
|                                 | <p><b><u>March 27<sup>th</sup></u></b> @ 7:30 PM - hike at Hayes Timber in Washington with county naturalist</p> <p><b><u>April-</u></b> no activity identified yet</p> <p><b><u>May 18<sup>th</sup></u></b> @ city of Riverside- walk/run the trail</p> <p><b><u>June 15<sup>th</sup></u></b> Kewash trail</p> <p><b><u>July4<sup>th</sup></u></b> Wellman 4<sup>th</sup> of July celebration includes softball &amp; other physical activities</p> <p><b><u>August -</u></b> no activity identified</p> <p><b><u>September -</u></b>no activity identified</p> <p><b><u>October 12<sup>th</sup></u></b> JET Physical Therapy Obstacle Course at Marr Park</p> <p><b><u>November</u></b> Lake Darling Opening event</p> | <ul style="list-style-type: none"> <li>• For hike at Hayes Timber, meet at the large parking lot for Hayes/Kewash/Sesqui Park on West 5<sup>th</sup> Street at 7:30 PM.</li> </ul> |
| <b>Live Healthy Iowa update</b> | Erin sent an update regarding LHI. There are 3287 kids participating this year, compared to 23 last year! For adults, there are 53 teams, 379 participants, 511 pounds lost so far & 5078 hours of activity logged in.   |  |
| <b>No Child Left Inside</b>     | Jo Lisa (with the Washington Public Library) established the first “Story Walk” at Sunset Park. The book is titled “ <u>The Reader</u> ” & is a story about a boy and his dog on a sled ride. Story Walk was set up on 2/16/13.  | CONGRATULATIONS TO JO LISA for setting up the first “Story Walk.”  |
| <b>Media Summary</b>            |  | Kierstan will provide a media update for local media.  |
| <b>Next Meeting</b>             | April 5, 2013 at 12:30 at Washington Library   |  |