

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

SEPTEMBER 2, 2015

MEMBERS PRESENT

Monique Anderson
Ron Bowman (via phone)
Charles Chester
James Dorf
Catherine Eliot (via phone)
Lillian Greene-Chamberlain
Rhonda Hearn-Stewart (via phone)
Surina Ann Jordan (via phone)
Lee Meizlesh
April Pinder (via phone)
Beatrice Rice (via phone)
Michael Shaw (via phone)
Suzanne Stringer

MEMBERS ABSENT

Yusef Battle (excused)
Arnita Hannon Christmon
Larry Hughes
JoAnne Knapp
John Michie
Doug Miller
Paul Rabil
Sean Settle

STAFF PRESENT

Meghan Ames

GUESTS PRESENT

Deborah Grinnage-Pulley, MSDE Physical Education Specialist

DHMH

Kristi Pier

WELCOME AND INTRODUCTIONS

The meeting was called to order at 5:06 PM, following a joint meeting with the Maryland Advisory Council on Arthritis and Related Conditions.

MINUTE APPROVAL

The May 2015 meeting minutes were reviewed. James Dorf motioned and Lillian Greene-Chamberlain seconded the approval of the meeting minutes.

OLD BUSINESS

- Administrative Updates
 - Re-appointments
 - Five members who had appointments expiring June 30, 2015 elected to pursue reappointment. Reappointment requests have been submitted to the Governor's Appointments office.
 - Two members who had appointments expiring June 30, 2015 elected not to pursue reappointment.
 - Appointment Update
 - Two new member applications were submitted to the Governor's Appointments office.
 - Four potential new members expressed interest in pursuing appointment and two of those four submitted applications to Meghan.
- Fitness Council gear
 - There has not yet been enough orders to meet the minimum quantity. James is going to circulate the order list to see if there is additional interest and also investigate options to add additional items

(specifically, tank tops) and order a smaller quantity. The suggestion was made to consider having a uniform color that members could wear in conjunction with their name tags or patches.

- Local council/coalition collaboration
 - Healthy Anne Arundel Obesity Prevention Subcommittee is having a meeting the week of 9/7/15. Suzanne Stringer will attend and will share meeting minutes with the Council prior to or at the November meeting. Healthy Anne Arundel is identified as a model for creating a brand that is recognizable in the community and used to endorse or promote events and/or groups.
- National council/coalition collaboration
 - Suzanne Stringer presented two opportunities with national groups for the Council to consider. Meghan will circulate literature about these groups to Council members and a decision about membership can be slated for discussion at the November meeting.
 - The National Association of Health and Fitness is a non-profit organization that includes individual and organizational partners and members, including many Governor's advisory councils on physical fitness. Proposed member benefits include networking and partnership opportunities as well as participation in the bi-annual forum. Membership for Governor's Councils and State Coalitions is generally \$175 annually, but is currently offered at a special rate of \$45.
 - The National Coalition for Promoting Physical Activity is a coalition of public, private, and nonprofit organizations that advocates for policies that encourage Americans to be more physically active. There is no membership cost.
 - James proposed that the Council should be involved in the Bmore Healthy Expo, which is March 19, 2016.

NEW BUSINESS

- Special Events—Ron Bowman, Chairperson
 - Ron Bowman reported for the Events Committee that the Bridge Run organizers were on board with again having a Wheelchair division, sponsored by MACPF. Ron is working with the Race Director to work out details for discounted registration and logistics. It will fall to the committee to promote to potential wheelchair participants.
 - Charles Chester asked Ron to contact the Disabled Sports USA organization for possible cooperation. Ron will also reach out to the Athletes Serving Athletes to coordinate efforts.
- Education and Awareness—Suzanne Stringer, Chairperson
 - Suzanne Stringer has stepped up as the Chairperson for the Education and Awareness Committee
 - A committee conference call was held on August 7, 2015.
 - Subcommittees updates include.
 - **Walk Maryland Day**
 - See notes from joint meeting with Maryland Advisory Council on Arthritis and Related Conditions
 - Charles Chester asked that each Council member brainstorm at least one way that they will participate in Walk Maryland Day.
 - **Speakers Bureau**
 - Revised speaking slides have been developed to be tailored for multiple audiences. All Council members are to review the slides and send any revisions/recommendations to Suzanne Stringer.
 - Business cards are available to individuals who will be taking on speaking engagements. Email Meghan if you would like business cards made. Name tags were

also made for all members and are to be worn at meetings, speaking engagements, and other Council-related events.

- Educational materials are available upon request for speaking engagements and other events.

- **Communications**

- Meghan has updated the website with member biographies. Please send a headshot to include on the website.
- Meghan revised the Council pamphlet. All Council members should review the pamphlet and send feedback.

- **Celebrity Involvement**

- Yusef Battle has been pursuing Mrs. Maryland and Mrs. District of Columbia to participate in events in the Montgomery County and Prince Georges County areas. He is also working to build relationships and recruit “A-list” celebrity participation.

- **Legislation—Charles Chester, Chairperson**

- Suzanne Stringer worked with 8 House Members to gain support for the PHIT Act.
 - The PHIT Act marketing manager offered to come and speak with the Fitness Council
 - The PHIT Act was also promoted on the Council facebook page

- **Physical Activity Excellence Awards—April Pinder and Arnita Hanon Christmon, Co-chairpersons**

- The Awards Committee is working to finalize the application, which will be distributed along-side of Walk Maryland Day promotions.
- The nomination period was proposed to end Dec. 1 with a review period between December 1 and the January Council meeting.

UPDATES/ANNOUNCEMENTS

- The Surgeon General’s Call to Action on walking will be released on September 9, 2015.
- Larry was unable to attend, but wanted to promote RecFest 2015, which is taking place in Baltimore on Saturday, October 3, 2015.

NEXT MEETING

The remaining 2015 meeting will take place on November 4.

ADJOURNMENT

The meeting was moved to adjourn at 6:03 PM.