

FITNESS COMMITTEE
January 27, 2022
4:00 – 5:00 PM
MINUTES

The Fitness Committee held a meeting via conference call on January 27, 2022, beginning at 4:00 p.m.

Committee Members Present **Committee Members Not Present**

Jennifer Eastman

Dr. Mychelle Farmer

Dr. Aruna Nathan

Jason Semanoff

Cameron Pollock

Namisa Kramer

Guests

Aarthi

Maryland Department of Health Staff Present

Amanda Klein

Jessica Rose-Malm

Amanda called the meeting to order at 5:10 p.m.

1. Roll Call/Approval of Minutes

Amanda took roll call. Introduction of members. Minutes were not approved due to not having quorum.

2. Action Plan

- a. Worked through the 2019 action plan and made changes to the goals and objectives.
- b. Discussed using MDPCP as a method to disseminate the one-pager.
- c. Potentially work with employers (HMBs) as a facilitator to increase physical activity among employees.

3. Updates on one-pager

- a. Create a version of the one-pager for children/adults
 - i. Change the guidelines on the front page to reflect children
- b. Currently have the first page focused on WHY activity, second page currently has types of activity. Suggestions for the second page:
 - .Include links to specific websites at the state level
 - 1. Parks and Rec, Special Olympics, Local YMCAs, if you have a disability Centers for Independent Living,
 - 2. Suggestion: instead of just links to webpages, include text such as “Go for a hike in the woods, find a hike at the DNR webpage”.
 - i. Include “helpful tips” such as “Keep a pair of shoes by the door to encourage a walk” or “Take the stairs”.
 - ii. Find your local resources at: (CCDPC Page)

c. Discussed timeline for completion. Anticipated completion is March for submission to the MDH communications office. The presentation to MDPCP would follow approval of the one-pager.

4. Next Steps

a. Aruna to talk to MDPCP about presenting the one-pager and importance of physical activity. Plan to present in April/May.

b. Aruna and team to update the one-pager.

c. Amanda to put the action plan on google docs and all committee members to review and edit.

5. Adjournment

The meeting was adjourned at 5:05pm.

Next Meeting: TBD