

FITNESS COMMITTEE
December 9, 2021
4:00 – 5:00 PM
MINUTES

The Fitness Committee held a meeting via conference call on December 9, 2021, beginning at 4:00 p.m.

Committee Members Present

Jennifer Eastman
Dr. Mychelle Farmer
Dr. Aruna Nathan
Cameron Pollock
Namisa Kramer

Committee Members Not Present

Dr. Geeta Sharma
Jason Semanoff

Maryland Department of Health Staff Present

Amanda Klein

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

1. Roll Call/Approval of Minutes

Amanda took roll call. Introduction of members. Previous minutes were approved.

2. Social Media Updates

The Committee reviewed the social media posts previously created and determined additional content to be appropriate for January social media posts.

3. Updates on one-pager

a. Dr. Nathan is working on getting access to the 1 pager. Once she has it, the QR code should be created to link to the website.

4. Compiled Fitness Activities

a. “Choose your own adventure” – Choose if you are looking for more information, activities, etc.

i. Work with DMI to update the webpage and tie into the healthy lifestyles pages

ii. Normalize physical activity to encourage the Fit 150

b. Include a map that has the sortable list of collected activities?

.Add cost to the spreadsheet?

c. Is there a link/website to do a self-assessment on their current fitness level?

.There is a youth website, but don’t know of an adult one. Maybe a way to calculate it?

<https://fitnessgram.net/>

i. At the clinic, for older adults, review “Get up and go” – aka getting out of a chair – maybe ADA?

d. Include all of the fitness committee resources already online.

e. Include risk factors (chance of getting prediabetes)

- f. Add link to website: <http://www.arrowptseattle.com/news/2019/4/15/rate-of-perceived-exertion-rpe>
- g. Include information on exercising around the house:
<https://www.cdc.gov/healthequity/features/active-healthy-from-home/index.html>
- h. Split the potential “pages” and figure out what we want to do – create a google sheet to break out the pages we would be interested in drafting.
- 5. Action Plan
 - . Action Plan will be updated at next meeting – no access due to network issues.
- 6. **Miscellaneous group updates**
 - . Dr. Nathan retiring from her practice in June, will have more time to do additional work.
- 7. **Next Steps**
 - a. Compile a working list of programs in the state and determine who is responsible for what content. Think through how the content will best be disseminated.
- 8. **Adjournment**

The meeting was adjourned at 5:00pm.

Next Meeting: January 27, 4:00 2021 at 5PM