

**FITNESS COMMITTEE
MINUTES
October 16, 2019
5:00–6:00 P.M.**

The Fitness Committee held a public meeting on October 16, 2019, beginning at 5:07 p.m. at the following location:

Maryland Department of Health
201 West Preston Street, Room 200
Baltimore, Maryland 21201

Committee Members Present

Julie Maneen
Dr. Aruna Nathan (chair)
Cameron Pollock
Jason Semanoff

Committee Members Not Present

Jennifer Eastman
Dr. Mychelle Farmer
Namisa Kramer
Joanne Roberts

Maryland Department of Health Staff Present

Amanda Klein
Nacole Smith

Dr. Nathan called the meeting to order at 5:07 p.m.

1. Roll Call

Dr. Nathan took roll call. A quorum of the Fitness Committee was not present.

2. Approval of Minutes

Dr. Nathan requested approval of the July 17, 2019 minutes. The minutes were approved.

3. Action Plan Fitness Initiative Presentation

Dr. Nathan shared the slideshow and exercises that were presented at Oasis, a non-profit, healthy aging center in Montgomery County, on October 16. The format of the presentation was: a 5-6-minute slide presentation; followed by 3 breakout groups focused on weight, balance, and aerobic activity; followed by all participants focused on the flexibility portion together, and; the wrapped up the presentation by reiterating why physical activity is important and how to become a movement champion in the community. The presentation emphasized the [2018–Physical Activity Guidelines for Americans](#). The Committee discussed creating a name for branding purposes and suggested “The Maryland Health and Wellness Council Fitness Presentation”.

The Committee discussed opportunities for the Committee’s involvement in the creation and dissemination of the Fitness Initiative. The group would like to use a train-the-trainer model to get the materials into communities and suggested targeting children who can bring fitness activities home to their parents and grandparents. Targeted facilities for giving the

presentation include: schools, churches, temples, spring health fairs, and other places where individuals don't go to be physical active. The goal is to let individuals know that physical activity is very important, easily achievable, and they should aim for 150 minutes of activity a week. The Committee roles include: helping to find locations where these presentations can be given and reaching out to other committees and partners to find ways for improved dissemination.

4. Branding and Logo

The Committee discussed creating either a Fit150 logo in the Maryland colors or creating a Health and Wellness Council logo that could be used for social media posts on various social media accounts, including the Maryland Department of Health, Department of Aging, and the Maryland State Department of Education social media accounts.

5. Walk Maryland Initiative

The Committee discussed the Walk Maryland Initiative, which is to promote walking year-round in Maryland, culminating in Walk Maryland Day in October. The Committee suggested including walking into the Fit150 messaging to help promote Walk Maryland Day. Additional suggestions included getting more physicians to participate in "Walk with a Doc" events and expand statewide.

6. Adjournment

The meeting was adjourned at 6:14 p.m.

Next Steps

- Dr. Nathan will share documents from the Fitness Initiative Presentation.
- Maryland Department of Health will share a Google Doc for members to add suggestions of locations where the Fitness Initiative Presentation can be shared.
- The Committee will create a formal presentation/plan to take to the Committee. Who is responsible for the formal presentation will be determined on a future monthly call.
- The Committee will think about how to brand the Fit150 messaging. The Maryland Department of Health staff will discuss internally to determine if a Committee or Council logo is possible.
- Monthly meetings will be scheduled for the 2rd Wednesday of every month.

Next Meeting: January 15, 2020