**FITNESS COMMITTEE**

**September 24, 2020**

**5:00 – 6:00 PM**

**MINUTES**

The Fitness Committee held a meeting via conference call on September 24, beginning at 5:10 p.m.

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| **Committee Members Present** | **Committee Members Not Present** |
| Dr. Mychelle Farmer | Dr. Geeta Sharma |
| Namisa Kramer | Jennifer Eastman |
| Dr. Aruna Nathan |  |
| Cameron Pollock | **Maryland Department of Health Staff Present** |
| Jason Semanoff | Amanda Klein |
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Dr. Nathan called the meeting to order at 5:10 p.m.

1. **Roll Call/Approval of Minutes**

Dr. Nathan took roll call. Minutes for July and August meetings were approved.

1. **Review of the action plan**

The committee would like to do a video on the importance of physical activity as it is more fun and playful. Dr. Nathan intended to write the script, but was unable to get to it but did send material to utilize for the video. Dr. Farmer can get a clip done this week and would like a video done for Walk Maryland Day. Dr. Nathan will also film herself and get a student to help compile them.

The committee needs to get the video approved by MDH and adding a COVID-19 spin was suggested. Additional questions were posed to determine if MDH can be left off for communication purposes. The committee would like to share the videos with the rest of the Wellness Council at the next meeting.

1. **Next Steps**

Individual members to film themselves talking about or doing physical activity by Tuesday 9/29.

Amanda to create a Google drive.

1. **Adjournment**

The meeting was adjourned at 5:47 p.m.

**Next Steps:**

* Amanda will resend the Creative Considerations email
* Members will review the creative considerations document and be prepared to discuss and draft a plan at the next meeting.

**Next Meeting: October 14, 2020 at 5PM**