**Mayor’s Council on Physical Fitness, Health and Nutrition-Meeting Minutes**

**May 13, 2014**

**Conference Room #306**

**3:00PM**

*“Promoting* ***worksite wellness****,* ***recreation*** *and* ***fitness*** *programs for all ages and abilities.”*

**Present at the meeting:** Dr. Joxel Garcia , Amelia Peterson-Kosecki, Janille Thompson, Lyndsey Miller Vierra, Jennifer Moore, Al-Mustafa Cook, Alexandra Ashbrook, Shari Curtis, Micheal Everts, Audrey Hipkins, Mary Tierney, Carla Williams, Sandra Schlicker, Tanisha Douglas

1. **Welcome and Confirmation of Quorum**

a**.** Approval of Meeting Agenda/Objectives

b. Approval of April 9, 2014 Minutes

c. Approval of March 5, 2014 Minutes

* In order to have a quorum we need 8 people from the original list of members
* **Membership**-there are names of District Residents that are interested in being sworn in and Chief of Staff- Colette Chichester and Amelia are willing to working on it. Feel free to talk to your colleagues, there are 5-8 slots we can fill for the council. Some members have to come from the city council and the mayor. Currently there are three names ready to submit, there are additional names from the Department of Aging and we have to submit names from Dr. Shanklin. In order to be a member you do not have to be representing an organization, however one must have the ability to fundraise, have an interest in health and nutrition, District resident and bring something to the table
* With Dr. Garcia present we now have a quorum, we can approve the minutes
* Error-March 5th minutes, second to last page, Sheri Curtis name is misspelled.

**Dr. Garcia’s thoughts**

* Met with Monumental Entertainment who manage the Wizards and Capitals
* Amelia has been very helpful in moving forward with the council, putting things in action
* Interns from Monumental Entertainment are working on initiatives at DOH-1) infant mortality 2) Mayor’s Council, interns want to help with fundraising efforts
* We will be inclusive covering all ages and groups and not compete with any other initiative out there
* Goal is to figure out how to serve the low income of the city
* Met with Surgeon General and participated in a fun field day with the Washington Nationals
* Spoke with the National to inform them of the council
* Requested to speak with the First Lady regarding the activities of the council
* Focusing on networking with the Sports team in the city
* The council needs to come up with a structure for the activities that we will sponsor-Walk, Zumba, Women’s Day, etc.
* Come up with out of the box ideas
* Goal for the council is to be the forefront for health nutrition and wellness
* Public Health Corps officers are interested in networking
* Out of all the preventable deaths in the district, 9 out of 10 of them we can help mediate.
* The First lady and the President’s council have many initiatives that we can participate in
* At the next council meeting we will invite the President’s Fitness council to come and speak and see how we can synergize with them
* The President’s Fitness council have many cool ideas, they can help us raise funds
* Shari: It would be a good idea to enhance an event that has already been developed
* Dr. Garcia suggests coming up with a logo so it can be transferred onto a pin.
* Nationals players participate in walks and field days with DCPS
* Interested in having a family fun day with the whole family unit interacting with the Nationals players
* The Washington Mystics want to partner with DOH for assistance with Women’s Health issues.
* Dr. Garcia wants to move forward with an event since this is the season
* Our goal is to come up with some dates and ideas for activities and Amelia will email Dr. Garcia with the results.
* Minutes from the March and April meetings have been approved.

**Amelia**

* BEGA- Boards of Ethics and Government Accountability website is displayed on the screen
* Amelia sent out invites via Outlook and the BEGA website
* The council members should RSVP via the BEGA website
* The link for the BEGA website is included in the outlook calendar
* The President’s challenge page is displayed on the screen
* PALA-Presidential Active Lifestyle Award-sign up, choose fitness goal, keep a log
* First Lady’s Let’s Move Campaign
* Interest in getting data from the PALA challenge for DC residents (Dr. Schlicker)
* Interest in having groups-churches and schools to participate
* Let’s Move Office of Partnership that work with community groups and churches and they have a structure for the competitions
* Our goal for this meeting is to launch onto something and begin to move forward-Survey

**II. Old Items**

1. Review survey results
   * Rather than staring something new, enhance a current initiative
   * Population group-all residents ( DPR a good fit)
   * Local celebrities-mainly athletes, Oprah Winfrey, Adrian Fenty, etc.
   * Good ideas for fundraising, will share the
   * The Nationals stadium is costly to rent, so hopefully Dr. Garcia can assist in securing a date for us. Costs about 34,000 to rent
   * Fitness day at Nationals Park is of interest to the Mayor’s Council
   * Fuel Up to Play 60 program-retired NFL players
   * Tuesday is an off day for the Redskins-London Fletcher does appearances at DCPS on Tuesdays
   * Sheri-Is there any event we can link up with DOH or DPR-Amelia will check with Najma Roberts in order to part with?
   * The council is in agreement that September is a good month to host an event; it will give us enough time.
   * Al-Mustafa advertising on the concrete is an option just like DC Wi-Fi.
   * The ground advertisement can track the number of miles from different locations-etc. From Giant to RFK (2.5 miles)
   * We could pick a central point (i.e. Union Station) and make it citywide or compete in teams
   * The council is interested in learning more about Monumental Entertainment-have them sponsor an event in September
   * Interested in PSA’s- free for the first month, after it costs
   * Walk DC in September as a citywide event and kick off
   * Sporting good stores like Modell’s or Gyms may be interested as sponsors
   * Raffle off a few Fit Bits
   * Our goal is for DC to be the most walk able city
   * There are many walking groups in DC
   * Interest in providing pedometers to the walkers, forming teams and competing
   * Things to do: provide a date, subgroups for the logo, marketing, etc….
   * Logo: Shari, Janille and Micheal
   * Monument Entertainment: Amelia
   * Potential Partners: Organinzations that walk, etc: Al-Mustafa
   * Walk able Cities: Alex, touch base with Joni Einsenburg.
   * Council members are discussing al the logistics for the September Kickoff Event
   * Alex suggests adding someone from the Office of Planning to the council
   * Shari suggests a DPR person and Micheal suggests a DPW person
   * Nancy Lyons, contact for DPW events
   * The council discusses other subgroups-marketing, fundraising, Let’s Move, etc.
   * Next Meeting: Bring all items needed, if you like to send it beforehand, feel free to do it four days in advance( the Friday before the Wednesday meeting)

**Next Meeting**

* 1. **6/11 3:30-5:00pm**

**III. Adjournment**