



University Standing Committee Report Form

University Standing Committee: **Wellness Committee**

Student Representative Name: **Senator Mitchell & President Shah**

Date of Meeting (*Day of the Week, MM/DD/YYYY*): **Monday, 09/19/2016**

Report (*Use this section to indicate any discussion, initiatives, or votes that took place*):

- **Meetings are scheduled to meet on the 3rd Monday of each month, in the CPA conference room, 3:00-4:30pm.**
- **Former committee chairs were present (Nani Hilbert & Eileen Cress). Robert Norton, Fitness and Wellness Coordinator Graduate Assistant was voted into the position of committee chair for the 2016-2017 academic year.**
- **Members present included:**
 - **Robert Norton, committee chair – 423-439-7986**
 - **Eileen Cress, former chair**
 - **Lynn Nester, director of Campus Recreation – 423-439-7984**
 - **Betty Tester, retired faculty**
 - **Nani Hilbert, fitness coordinator – 423-439-7983**
 - **Mina McVeigh**
 - **President Pooja Shah – SGA representative**
 - **Senator Samuel Mitchell – undergraduate representative**
- **Wellness Events Planned:**
 - **Break a Sweat & Love Your Body Day/NEDA Week**
 - **Break a Sweat includes all people in ETSU community (main campus, Kingsport, & Sevierville extension) in the chance to log exercise hours (both inside CPA and outside); begins 10/16/2016**
 - **Prizes are drawn for those who log hours; goodie bags will be distributed**
 - **Wellapalooza**
 - **Event to promote wellness knowledge; spring 2017**
 - **Wellness “wheel of questions”**
 - **Fruit-infused water bottles (lemon & blueberry)**
 - **Health Heroes Ceremony**

- Event to recognize wellness-minded people; fall 2016 [rescheduled]
- Biking Week/Bike-to-Work Day
 - Celebrating utility of biking as mode of transportation and exercise
 - Date TBD (April 2017) by newly *forming* biking committee
 - Could draw from members of sustainability and/or safety committees
 - Work for more bike racks that are well-lit, dedicated bike lanes, a bike registration incentive, and city partnership to make bicycling a more realistic mode of transit
- Initiatives Introduced:
 - Wellness Website
 - Include quick tips and information for health and well-being
 - Emphasize the 8 components of wellness
 - Possible flu shot fair in October
 - Vaccines provided by Walgreens
 - Administration provided by Gatton College of Pharmacy
 - Need to investigate financial/insurance ramifications of free vaccines

Next meeting will be on Monday, October 17, 2016, 3:00-4:30pm in the CPA conference room.