



Wellness Committee Meeting Agenda  
May 6, 2019

**Introduction of Members-sign in sheet**

**Review Wellness Policy & Plan**

- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Other School-Based Activities

**Update from Milk Mustache Dash 5K**

- Raised over \$5,000 for power packs
- almost 250 runners
- Next year improvements
  - How to get more volunteers?
  - Less rules on earning Live Healthy points?
  - Community Couch to 5K
- Feedback from your building?
  - What went well?
- April 18, 2020 - tentative date

**Review Live Healthy Program**

- New programs
  - WOW6 challenge
  - All-levels Yoga
  - Couch to 5K challenge
  - Shape up My School
- More on-site exercise classes?
- Corporate gym membership?

- Live Active
  - New challenge ideas?
  - Improvements?
- Live Preventative
  - ideas for other points?
- Live Well
  - Ideas for Wellness talks?

**Goals for 18-19 School Year**

- 2 for student wellness
  - 
  -
- 2 for Live Healthy Program
  - 
  -

**2019-2020 Wellness Meeting Dates**

- September 16
- May 4