

Healthy Community Alliance Physical Activity Workgroup Meeting 3-17-17

Noon-1:15pm

NOTES

Present:

Marta Moody, MaryAnne Pope, Delaware Planning Commission;
Melody Scoble, Westminster Village;
Nicole Koontz, Darrian Hoerig, Lenny Kaminsky, Kendra Zenisek, Ball State University;
Brandon Lowe, Crossfit WhiteRiver;
Lisa Herd, Restyle Your Life with Essential Oils;
Angie Pool, Cardinal Greenways;
Jarren Mattingly, Hillcroft Services;
Marilyn Cleary, Cornerstone Center for the Arts;
Ashlee Bane, Muncie Sports Commission,
Kortney Zimmerman, Purdue Extension
John Disher, IU Health Ball Memorial Hospital

Presentation- What is the Healthy Community Alliance?

-John Disher, IU Health Ball Memorial Hospital; facilitator for the Healthy Community Alliance

John started the meeting with a brief overview of the [Healthy Community Alliance](#) and the Collective Impact Model . The group discussed how the Alliance is focused on helping our Partners find meaningful ways to influence their particular audiences vs. trying to start new community programs which the Alliance does not intend to do.

John noted there are other projects/programs underway which some of our Partners are engaging in. 3 were introduced:

Kortney Zimmerman provided information about her work as a Community Wellness Coordinator with the Purdue Extension and how a Community Action Team has been formed to work on developing new community programs and initiatives related to policy, systems and environmental change for nutrition and physical activity.

Lenny Kaminsky from the Fisher Institute for Wellness at Ball State University outlined a unique partnership between Ball State University and the IU Ball Memorial Hospital Family Medicine Residency Program to perform screenings and educational programming in a research-based pilot project in south Muncie at a school, factory and church.

Kendra Zenisek from the Ball State University School of Kinesiology discussed a community-based program called “Cardinal Zumba” designed to introduce physical movement, nutritional information,

tobacco cessation to community audiences with a health measurement research component. IU Health Ball Memorial Hospital is a partner in the initiative.

Group Activity-Movement vs. Sitting

-Brandon Lowe, owner, Crossfit White River

Brandon encourage the group to consider how we sit- to think about it as an opportunity for activity as we are interacting with gravity. We tried some various sitting postures which caused our bodies to work against gravity and energize our muscles rather than be passive to the gravity. Brandon talked about the use of exercise balls rather than chairs and of standing desks. He suggested for every 30 minutes we sit, we get up and move for at least two minutes.

Discussion

-Group

HCA Physical Activity Goals:

Goal 1: Increase Physical Activity

- Increase the percentage of adults who meet the recommended amounts of physical activity per day.
 - Increase the percentage of youth who meet the recommended amounts of physical activity per day.
 - Increase the percent of individuals who maintain a healthy body weight
 - Increase the proportion of trips made by walking.
 - Increase the proportion of trips made by bicycling.
- Increase legislative, administrative and institutional policies for the built environment that enhance access to and availability of physical activity opportunities.

John posed the question, and discussion ensued: “What are key concepts/messages to consider as Partners work to promote physical activity to their audiences?”

- The importance of a healthy lifestyle
- Use it or lose it (in sports training it’s the [principle of reversibility](#))
- “Movement”
- Safety of movement- challenge yourself, not hurt yourself
- Everyday lifestyle- bits and pieces throughout the day
- Variety of physical activity is important
- Obese children
- Cardinal Greenway as a resource
- Walking is so easy for most people

- Daunting- thinking about starting, promoting movement
- Individualism- movement will be good for you, “you will feel better”
- Toolkits- materials
- At the Delaware County building, there’s a ‘use the stairs’ campaign notes calories burned
- Healthy also included rest, sleep, managing stress, feel good
- Physical activity starting point- 10 minute intervals throughout the day- don’t need to be the world’s best athlete- just a better you
- American Heart Association campaign slogan- Just Move
- Do we need to change the wording from physical activity to “active living”? In the roads and transportation world the term is “active transportation”
- Model, Practice, Change
- Partners offering community programming and assets related to Active Living (in no particular order, please let John know if your organizations has additional active living resources available to the community)
 - Ball State University Adult Fitness Program www.bsu.edu/adultfitness
 - City of Muncie Parks Dept. <http://www.cityofmuncie.com/parks-department-muncie.htm>
 - YMCA www.muncieymca.org
 - Cardinal Greenways www.cardinalgreenways.org
 - Blackford County YMCA <http://www.muncieymca.org/locations/blackford-county-ymca/>
 - Classes at Cornerstone Center for the Arts https://cornerstonearts.org/news/spring_six_week_classes1
 - Crossfit White River <http://crossfitwhiteriver.com/>
 - America Multisport <http://americamultisport.com/v6/>
 - Ross Center- sports facility, kids judo <https://www.facebook.com/RossCenterInc>
 - Muncie Sportsplex <http://munciesportsplex.website.siplay.com/>
 - Hartford City Parks Department <http://www.hartfordcity.net/parks-department/>

- Montpelier Parks <http://montpelier-indiana.com/parks/>
- Red Tail Land Conservancy <http://www.fortheland.org/>
- Boys and Girls Club of Muncie <http://www.bgcmuncie.org/>
- IU Health Ball Memorial Hospital “Be Well” program <http://iuhealth.org/ball-memorial/physical-therapy-rehabilitation/>
- IU Health Ball Memorial Fitness Center Classes [http://iuhealth.org/images/bal-doc-upl/March April 2017 Fitness Class Schedule.pdf](http://iuhealth.org/images/bal-doc-upl/March_April_2017_Fitness_Class_Schedule.pdf)

Adjourn

Next meeting:

May 19, Noon-1:15pm, BSU Alumni Center