



HEALTHY COMMUNITY ALLIANCE

of East Central Indiana

Physical Activity Workgroup Meeting

March 27, 2020

Attending:

Lindsey Cox, Purdue Extension; Kendra Zenisek, BSU; Dawn Marie Oberly, Holy Trinity Church; Katie Davidson, Floyd County Purdue Extension (guest of Lindsey); Dr. Lynn Witty; Linda Hamilton, Holy Trinity Church; Angie Pool, Cardinal Greenways; Nicole Koontz, BSU and Healthy Lifestyle Center; Larry Ottinger, Muncie Endurathon, Muncie Optimist Club; John Disher, IU Health.

Update on StoryWalk project:

Minnetrissa has agreed to provide trail section for 20 displays, also to create (and periodically update) content, BSU group at Madjax will donate carved support posts. HCA Physical Activity Workgroup will install. Only component missing is funding, John has contacted one local foundation to start process of seeking \$5,000.

Updates from group members:

Nicole Koontz- Healthy Lifestyle Center- still open in virtual mode, staff is answering phones, created newsletter- will email to John to share with HCA Partners.

Dawn Marie and Linda- Holy Trinity- Dr. Bird gave a coronavirus presentation to church audience, it is available for viewing on website, promoting to members to get outside at safe distances...

Angie Pool- Cardinal Greenways- trails across country are reporting a 200% increase in utilizations, CG is open, but Depot is closed and restroom facilities have not been deployed. Working to get the word out to keep distancing but use the trail for physical and mental health, fundraising a concern, perhaps now is time to say 'here for you now, here for you in future-donate to support.

Kendra Zenisek- Ball State- Lots of ways to keep active during stay at home- Youtube videos, live streaming classes- yoga, YMCA. Movement is important- especially for mental aspects- set an appointment for physical activity, family can do it together on a schedule- its good to have control over a few things. Healthy Lifestyle Center can help- do an intake, talk to a person about exercise.

Nicole Kootz- Henry Gets Moving- new Facebook page for Henry Gets Moving in Delaware County, focused on nutrition and exercise, FB page has lots of activity suggestions and challenges.

Action steps:

John will synthesize this content into a special edition newsletter to help Partners encourage their audiences to keep moving during this time of social distancing.